VAMPIRES WILL TAKE OVER HOLIDAYS, PG 47

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## Santa's naughty list has grown

**CHARGES** A 51-year-old man faces impaired driving charges after he was pulled over while driving a vehicle in a Santa Claus parade in Cambridge Saturday night.

At around 6:50 p.m., police at the parade received a tip about a driver in the parade who appeared drunk.

Police immediately pulled the vehicle off the road.

Two other occupants in the vehicle were charged with public intoxication.

THE CANADIAN PRESS

**News on the Move**

**What's this barcode for?**
*Learn how to scan the barcode with the instructions at the top of pg 3*

**Sports** pg 30

## Leafs search for offence

**Food** pg 45

## Try trout for a low-fat dinner choice

**On the web**
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Fashion — Poland

ALIK KEPLICZ/THE ASSOCIATED PRESS

A model wears a creation by Poland's top designer Maciej Zien yesterday during the women's spring/summer 2010 fashion collection in Warsaw, Poland.

# Transit delay?

## SRT makeover may have to wait until after 2015: Official

**Toronto's 2015 Pan Am Games might already have its first loser.**

If the SRT can't be made over in time for the games, the long-awaited makeover of that part of the TTC might have to be put on ice until after 2015, said John Howe, Metrolinx vice-president of investment strategy and project evaluation.

Metrolinx has committed $1.4 billion to renovating Scarborough RT, including converting the trains to the same light rail vehicles proposed for the rest of the suburban Transit City routes. The plan includes a proposed extension to Malvern Town Centre. But the bulk of the work is supposed to be done between 2011 and late 2015.

It is "still an open question," said Howe, whether construction could be moved up in time to carry athletes and visitors to the key venues at the University of Toronto Scarborough campus, where the aquatics centre and a sports institute would be built.

"I think we have to look at it as a potential option maintaining the existing SRT service and keeping it up and running so that it is performing that heavy-lifting function for the duration of the games," he said, adding that would be a fallback option. "We're just tabling these as options right now."

TORSTAR NEWS SERVICE

**Alternate**

- Toronto has proposed adding a Scarborough-Malvern spur between the Sheppard Transit City line and Kennedy Station as an alternative way of transporting crowds to the Scarborough venues.

## Gadhafi's party promise used to lure women to Islam

Libyan leader Moammar Gadhafi hosted a soiree in Rome for some 200 young Italian women, but instead of the party they expected the women were given a lecture on Islam and copies of the Qur'an, a news report said yesterday.

At least they got paid.

A reporter for Italy's ANSA news agency went undercover with the women, who were hired for $50 by a modelling agency for the event Sunday evening. Journalist Paola Lo Mele said the women assembled at a hotel, where some were left behind because they were not tall enough or dressed modestly enough.

Those accepted were taken to a villa, where Gadhafi lectured them on women's rights and religion, and urged them to convert to Islam.

"All the girls expected a party with a gala dinner," Lo Mele told her agency. Instead, "he made a 45-minute speech on Islam and women's role in Islam. It was a bit of an indoctrination session."

Lo Mele took pictures before and after the event, showing the women carrying Qur'ans they received as gifts. A second soiree was planned for last night, ANSA said.

THE ASSOCIATED PRESS

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# Courses that take care of your career goals

**A Continuing Education Success Story – Maria Almeida's focus was on working, not on schooling, when she came to Canada from Portugal in 1986. But she had little formal education, so she found it difficult to move up. When she decided to go back to school to become a Personal Support Worker, Maria found the perfect program in Continuing Education at George Brown College. She excelled in both her classes and as a volunteer – and now has a job waiting for her when she finishes classes this month.**

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# Local

## MP's drug case delayed again

**The court case of former Alberta Conservative MP Rahim Jaffer has been put over again until Dec 10. Jaffer was not in court yesterday in Orangeville when the date was set. Jaffer, who is married to federal Tory cabinet minister Helena Guergis, left, is facing cocaine possession and drunk driving charges. He was arrested and charged in the village of Palgrave, east of Orangeville, in September.** THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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## Tomorrow's Metro

**West View**
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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## metronews.ca
WHAT'S ONLINE TODAY

**Video** Canada's outgoing commander in Afghanistan offers parting words for troops at **metronews.ca/canada**

**Blogs** Gord McIntosh stops the Parliament Hill political spin at **metronews.ca/spindoctor**

## Lotteries

For lottery results see metronews.ca

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# 90,000 H1N1 inquires daily: OPA

## Pharmacists association notes significant increase in concern at stores

**Ontario residents are flocking to their pharmacists with questions and concerns about the H1N1 flu virus.**

Flu **Outbreak**

The Ontario Pharmacists' Association said yesterday the 3,000 pharmacies in the province are getting about 90,000 inquiries per day, or about 30 per pharmacy, about swine flu.

"Most of them are related to the vaccine itself, but also I think... people are a little bit unsure about what is true flu and then what is simple influenza and a cold," said association chairman Dean Miller.

The association conducted a random survey of pharmacists around the province and found over the past several weeks there has been an influx of patients concerned about swine flu as public awareness about the virus has gone up.

**"Most of them are related to the vaccine itself, but also I think ... people are a little bit unsure about what is true flu..."**
Dean Miller, pharmacists association chair

"It's just incredible some of the numbers of people coming into the pharmacies with questions and concerns for them and their families," Miller said.

While the association doesn't usually track the number or types of discussions pharmacists have with patients, Miller said the conversations usually change with the seasons.

While the swine flu queries are "occupying a huge amount of time" for pharmacists, Miller said they're coping and it just means patients are having to wait a few minutes longer for access to their druggist.

But he said patients are still getting "good, sound advice" in a short period of time. THE CANADIAN PRESS

MORE COVERAGE, PAGE 12

# Cops go to missing teen's school

**SEARCH** Toronto police headed to Forest Hill Collegiate yesterday to interview students as part of their investigation into the disappearance of Mariam Makhniashvili.

This is the third time investigators are speaking to students at the high school, where police have already held two special assemblies asking students to come forward if they have any information.

However, this time about 20 officers will speak to students individually about the case.

"They have a series of questions they're asking the students," said school principal Peggy Aitchison. "I think the idea is to try to narrow down to maybe a nucleus of students that may might have been in the area where Miriam was the day that she went missing, and maybe have an in-depth conversation then with those individual students."

Mariam, who was 17 when she disappeared, had only been at the school for four days before she went missing and most students told police they had never spoken to her.

TARA WALTON/TORSTAR NEWS SERVICE

**Toronto Police detectives leave Forest Hill Collegiate yesterday. Interviews with students will continue all week as police carry on their investigation into the disappearance of Miriam Makhniashvili.**

**"I think the idea is to try to narrow down to maybe a nucleus of students that may might have been in the area where Miriam was the day that she went missing."**
Peggy Aitchison, school principal

She was last seen Sept. 14 when she told her brother she was entering the school through a different door than he was. But Miriam never made it to class and has not been seen since.

The only clue so far has been Mariam's backpack, which was found a few kilometres from where she was last seen.

Police have also been conducting a door-to-door canvass, and last week searched a transfer station that handles the area's garbage. THE CANADIAN PRESS

# Bryant trial put off to December

**CASE** A criminal court case involving former Ontario attorney general Michael Bryant has been put off until Dec 7.

The former political star, who has yet to appear in court, was represented by his lawyer, Marie Henein.

"We are anxious to have this matter move forward," she told the judge.

Henein said her client's case hasn't moved ahead because she is still waiting for disclosure documents from the Crown.

Mark Sandler, who represented the Crown in court, told the judge both sides agree the case should proceed as quickly as possible.

Both sides are expected to attend a closed door, case management session with Justice Paul Bentley Nov. 30, which both sides described as a routine step.

Henein said she hopes to have the disclosure documents by then.

Bryant faces charges of criminal negligence causing death and dangerous driving causing death. THE CANADIAN PRESS

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**Nortel posts $508M loss**

Nortel Networks Corp. has posted a $508-million US loss in the third quarter a fraction of its losses a year earlier — as revenues weakened due to the tough economy, and it worked to sell off pieces of its business. THE CANADIAN PRESS

# HST attacked as job killer

## Opposition parties paint dire picture of 13 per cent sales tax

**Moving to a single, 13 per cent sales tax will kill jobs in Ontario and hit consumers hard at a time when they're already struggling, opposition parties said yesterday as the Liberal government introduced a bill to merge the eight per cent provincial sales tax with the GST.**

The harmonized sales tax would take effect next July, but the legislation also includes a series of cuts to income and corporate taxes starting in January — and up to $1,000 in rebate cheques for families to help offset the impact of the new tax in the first year.

The goal of harmonization is to help lower costs for businesses, allowing them to both lower prices for consumers and hire more staff, while the whole slate of tax changes will leave most Ontario residents better off, said Premier Dalton McGuinty.

"This is about building more jobs in the province of Ontario and it's about building a better future for all Ontarians," McGuinty told the legislature.

"Under our package of tax reforms, 93 per cent of Ontarians will get a permanent tax cut (and) the average family with an $80,000 income will see a 10 per cent cut in their personal income taxes."

The income tax cuts will not be enough to offset the impact of the HST, said Opposition Leader Tim Hudak, noting it will add eight per cent to items that until now have been exempt from Ontario's provincial sales tax.

"This is the biggest sales tax grab in the history of this province," complained Hudak.

"It will mean that Ontario working families and retirees will pay more for gas for their car, heat for their home and everyday goods and services like getting a haircut or taking their dog to the vet."

This is exactly the wrong time for the government to be imposing a tax hike in the form of a harmonized sales tax, said NDP Leader Andrea Horwath.

"People across this province are telling me this tax will kick them when they're down," said Horwath.

THE CANADIAN PRESS

VINCE TALOTTA/TORONTO STAR

Ontario Finance Minister Dwight Duncan tables the HST legislation yesterday at Queen's Park.

**"This is the biggest sales tax grab in the history of this province."**
Tim Hudak

## Program keeps schools open until evening

With lentil goo on his marker stained fingers, Khadar Gaal likes the after-school program at Rockcliffe Middle School just as much as the dal he made there.

"It's the best," the Grade 8 student says as his friends goad him for being such a celebrity. "You can do anything you want and the teachers are nice and help with homework."

And the soup, well, it "looks kind of weird, but it tastes nice."

The Toronto Community Foundation started "Beyond 3:30" in October, keeping eight inner-city middle schools open until 8 p.m. It is touted as more than a homework club – and a visit to Rockcliffe Middle School says as much — it is chess, clementines and yogurt-filled whole wheat pizza crust.

**Pilot program**

- Beyond 3:30 is a pilot project with hopes to expand it to other schools in the Toronto District School Board.

Vicky Branco is the lead principal with Model Schools for Inner Cities, a Toronto District School Board initiative that helps eliminate learning barriers at schools where many students live in poverty. She said Beyond 3:30 was born out of Toronto Vital Signs' research that showed middle school students fall into high-risk activities because they have no place to go after school. Many children are from families who lack the resources to send their child to music lessons, hockey or figure skating — and the new program aims to rectify that with yoga, sports and cooking classes. The program is funded by $300,000 from the Toronto Community Foundation.

"It's wonderful to see all the children want to be in these programs, and parents not worried about the kids," Branco said.

Principal Lorne Sederoff said enrolment in Beyond 3:30 is increasing and kids are talking about the program in the halls.

"They're excited. It's heightened morale," he said.

TORSTAR NEWS SERVICE

## Globalive still looking to enter cellphone market

**WIRELESS** Globalive is still planning to launch its new, national cellphone company and will continue to test its wireless network connections, its chairman Anthony Lacavera says.

Lacavera said yesterday the CRTC, which ruled last month his company isn't Canadian operated and controlled and put its launch on hold, has given Globalive some hope with a recent decision.

The federal broadcast regulator has ruled that all wireless carriers must continue to co-operate in the testing of Toronto-based Globalive's network with theirs as long as its proposed wireless carrier status hasn't been revoked.

THE CANADIAN PRESS

## TV Winona in town

JOHN R. KENNEDY/FOR METRO TORONTO

Actress Winona Ryder, left, has a cigarette break outside her trailer on the downtown set of When Love Is Not Enough, a CBS movie about Lois Wilson, the co-founder of the Al-Anon organization. The two-time Oscar nominee is starring opposite Canadian actor Barry Pepper.

## News in brief

**ZOO** For the past two months, the newest addition to the Toronto zoo's gorilla family has been nameless. But tomorrow, Ngozi and Charles' offspring will finally have a name — and it will be one chosen by the proud daddy. Five names — Nassir, Neo, Niko, Nigel and Nsambu — will be posted on pails, each filled with one of Charles' favourite treats. The names were selected from an initial list of 5,000 names submitted by visitors to the zoo.

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Greta Hodgkinson and Guillaume Côté in *The Sleeping Beauty*. Photo by Bruce Zinger.

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**Toronto man killed in eastern Ontario collision**

A 75-year-old man from west-end Toronto has been killed in a collision in eastern Ontario. Police say an eastbound pickup truck collided with a westbound transport Sunday evening on Highway 7 just west of Sharbot Lake. The dead man's name is being withheld until relatives are notified. THE CANADIAN PRESS

# Early loan payback in the future for GM

**General Motors Co., which received a multibillion-dollar rescue package from Canadian taxpayers in June, says it will start early repayment of loans next month.**

In a sign of a positive beginnings for its North American restructuring, Detroit-based GM revealed yesterday it would pay $192 million US in December and accelerate other payments.

GM said in its first preliminary financial report for the third quarter that the company plans to repay the remaining $1.5 billion in loans to the federal and Ontario governments ahead of the scheduled maturity date of July 2015.

Furthermore, GM said in its financial statement that it would repay $1 billion of $7.8 billion in loans to the U.S. government next month.

It is possible GM could repay the massive loans to both countries by the end of next year if the company's financial fortunes continue improving, but insiders say that goal might be overly ambitious.

The company said in the statement that it is speeding up payments because of improving international economic conditions, stabilizing industry sales and a healthier cash position.

GM, which does not break out results from its Canadian operations, said in its quarterly report that it lost $1.15 billion on net revenues of $26.3 billion for the July 10 to Sept. 30 period.

In repaying the governments, GM said it is using money from government funds in escrow and indicated it would continue making quicker quarterly payments. The company pays interest on quarterly outstanding balances.

In the first payment, Ottawa will receive about $132 million and Ontario $68 million from GM through Export Development Canada, a federal agency.

GM received about $10.6 billion from the federal and Ontario governments in loans and cash in exchange for stock in June. The two Canadian governments hold 11.7 per cent of GM's new equity.

TORSTAR NEWS SERVICE

## Canadian-made recovery

- GM attributed the better performance to strong retail sales of the Chevrolet Camaro muscle car, Equinox and GMC Terrain crossover vehicles, which are all produced in Canada.
- The company said the Chevrolet Silverado pickup truck and the Impala mid-size car topped the company's retail sales in the U.S. GM also assembles the Impala in Oshawa and built the Silverado in the same city until the company closed a truck plant earlier this year.

## Soccer **Magic moment**

CHRIS CLARK/THE ASSOCIATED PRESS

**Ex-Scotland international soccer star Maurice Johnston holds up a plaque yesterday after he was inducted into the Scottish Football Museum's Hall of Fame at the National Stadium at Hampden Park. Johnston, who is director of soccer for Toronto FC, played with Scottish sides Celtic and Rangers before spells with clubs in England, France and the U.S.**

# Charges laid after man crashes car into house

**ACCIDENT** A 36-year-old Oshawa man has been charged with impaired driving after a car that was fleeing police crashed into a home in Oshawa early yesterday morning.

The car whizzed past a cruiser on Champlain Drive near Thickson Road in Whitby just after midnight.

After narrowly missing the marked police car, the officer attempted to stop the car. But the vehicle continued another four kilometres before the driver lost control and smashed into a home at the intersection of Waverly Street and Gibb Street in Oshawa.

Neither the residents of the home nor the driver were injured in the crash, but the power to the house was cut.

David Burnett faces eight charges including impaired operation of a motor vehicle, dangerous operation of a motor vehicle and flight from police.

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**Man's body found floating in High Park pond**

The body of a man in his 50s has been discovered floating in High Park's Grenadier Pond. The body was discovered when passers-by noticed something in the water and called police. It is not yet known whether foul play was involved. TORSTAR NEWS SERVICE

# Surveillance safer: Study

## Prostate cancer can be managed by monitoring, researchers find

**A significant proportion of men newly diagnosed with prostate cancer can be safely managed with "active surveillance" instead of undergoing radical treatment that can cause a variety of unpleasant side-effects, a Canadian study suggests.**

Active surveillance means frequent monitoring of a patient's PSA (prostate-specific antigen) levels and periodic biopsies to make sure the cancer hasn't become more aggressive and spread.

The long-term study found that men with low-grade, slow-growing prostate cancer who were managed with active surveillance had a 10-year cancer-related actuarial survival rate of more than 97 per cent, and an overall survival rate of almost 80 per cent.

Researchers also found that patients in the study had an almost 19 times greater likelihood of dying at 10 years from a cause other than prostate cancer.

About 40 per cent of men newly diagnosed have a prostate cancer profile that makes them candidates for active surveillance, said principal researcher Dr. Laurence Klotz of Sunnybrook Health Sciences Centre in Toronto.

"We recognized about 15 years ago that PSA screening resulted in a diagnosis of a lot of men who had indolent, slow-growing prostate cancer that really was not a threat to their life," Klotz said yesterday.

He notes that harsher treatments such as prostate removal or radiation can lead to erectile dysfunction, urinary incontinence and rectal problems. THE CANADIAN PRESS

KEITH BEATY/TORSTAR NEWS SERVICE

Dr. Laurence Klotz of Sunnybrook Health Sciences Centre, pictured in this file photo, headed a recent study that suggests newly diagnosed prostate cancer can be managed through "active surveillance" monitoring instead of radical treatment.

# Scotiabank lax in tracking overtime, lawsuit alleges

**SUIT** Scotiabank was loose with its record-keeping when it came to extra work hours, resulting in many employees working time they weren't paid for, says a lawyer for a woman who is suing the bank.

Louis Sokolov told an Ontario court during a hearing over a class-action lawsuit over alleged unpaid overtime that Scotiabank has a duty to keep track of all of the hours worked by its employees.

"This is an organization that keeps track of debits and credits to the penny," he said, implying that he saw no reason why the bank shouldn't be able to accurately monitor work hours. "There's something of a disconnect between policy on lieu time and the direction on the ground."

None of the allegations have been proven in court.

Sokolov represents Cindy Fulawka, who is heading the lawsuit against the bank for about 5,000 employees. THE CANADIAN PRESS

### Similar suit

- Scotiabank is the second Canadian bank to appear in court for a class-action suit over unpaid overtime. In June, the Ontario Superior Court dismissed a suit filed by a teller against CIBC alleging unpaid overtime to customer service staff.

## News in brief

**COLLISION** Investigators are looking for witnesses to an unusual single-vehicle accident that killed a 39-year-old man in Mississauga Saturday morning. Police say Burhan Ahmed Qureshi was driving north on Silken Laumann Way around 9:45 a.m., when his 2006 Mazda Tribute drove through a stop sign at Bancroft Drive, left the roadway, crashed through a wooden fence and drove into the back of a home on Culmore Crescent. Qureshi was taken to hospital where he was pronounced dead Saturday afternoon. TORSTAR NEWS SERVICE

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**Cops release photos of man wanted for drug and gun charges**

Toronto Police have released photographs in an effort to locate a 40-year-old man wanted on several drug and firearm charges. Investigators have issued an arrest warrant for Robert Turczak. TORSTAR NEWS SERVICE

# Record month for home sales

**Canadian home resales improved 41.5 per cent year-over-year to a record high for the month of October, led by rebounding consumer confidence and low mortgage rates, according to the Canadian Real Estate Association.**

CREA said yesterday that 42,288 homes changed hands via the Multiple Listing Service in October.

The national average price for homes listed on the MLS also reached a new high in October at $341,079. This was 20.7 per cent higher than the same month last year.

New sales records for the month were reported in one-fifth of local markets, including Toronto.

The rebound in the housing market from a low in January has been remarkable and has exceeded any other segment of the economy, said Doug Porter, deputy chief economist at BMO Capital Markets.

"Housing has definitely been at the forefront of any kind of a recovery we've seen," Porter said. "I don't think you can find a single segment of the economy, other than maybe bankruptcy lawyers, who've thrived more in the last six months or staged a more impressive turnaround."

The rebound in October was led by improved consumer confidence and low mortgage rates.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

Sixty-seven-year-old Irene Verner, right, laughs while bowling on the Nintendo Wii with researcher Dr. James Watzke at the York West Active Living Centre in Toronto on Friday.

# Guide offers advice on handling elderly parents

AGING James Watzke is a gerontologist and internationally known for his work on housing for seniors, so you'd expect when his own parents started having mobility issues, everything would be under control.

Not so.

"It was part of my vocation … to take care of seniors and understand their challenges," Watzke says.

His folks lived in a suburban, ranch-style detached home in Washington state, with his two sisters living close by. His father had vision-destroying macular degeneration and had to stop driving. The couple was becoming isolated so Watzke and his sisters took them to see assisted living centres and got them on waiting lists for apartments.

"I don't think we were prepared for the resistance," says Watzke, dean of research at the Humber Institute of Technology and Advanced Learning in Toronto.

"We misunderstood how difficult it would be to just move them — move them not out of the house but just move their mindset."

He says a resource such as a new web guide, released yesterday, to assist baby boomers with these difficult conversations might have made a difference.

The kit, available at bcit.ca/mobility, was put together by Christine Flegal, a gerontologist in the Living Laboratory at the B.C. Institute of Technology. The site also has links to a Facebook group on the topic and is on Twitter at twitter.com/ToughConvos.

THE CANADIAN PRESS

## Poll

- An Ipsos Reid telephone poll commissioned by the institute found 79 per cent of boomers surveyed said their parents' physical health was an important concern. Six out of 10 were concerned about how their parents will get around on their own or who will care for them.

# Tragedy does not diminish one man's quest for peace in Mideast

MIDDLE EAST Toronto is many different things to many different people, but there is at least one thing this city most certainly is not.

It is not Gaza.

And that, right now, is a source of immense relief and deeply rooted pleasure for Dr. Izzeldin Abuelaish and what remains of his family.

"I am happy, but what makes me happiest is to see my children happy," says the Palestinian gynecologist as he presides over his brood in the handsomely appointed living room of the spacious, three-storey north Toronto house that is now their home.

Three of Abuelaish's children — who once numbered eight — died in January, during the final hours of Israel's three-week war in Gaza when a pair of Israeli tank shells blasted through the Abuelaish home in Jebaliya.

Despite the tragedy, Abuelaish continues to promote peace to Jews, Arabs, and anyone who will listen — as many seem eager to do. TORSTAR NEWS SERVICE

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10 - 80 Pertosa Dr.

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**Investigators looking into heritage building fire**
Fire officials are still investigating after a fire destroyed a 130-year-old heritage building in Chatham, Ont. Flames broke out at the Alexander Funeral Home after 10 p.m. Friday. THE CANADIAN PRESS

# Canada

## ADQ youth want leader gone now

**He announced plans to quit after just 23 days on the job, but members of his party want him gone even sooner. The Action démocratique du Québec's youth wing wants Gilles Taillon, left, to leave immediately. Junior members of the third-place Quebec party say it is in the best interests of the ADQ that Taillon leave by mid-week. The youth wing passed a motion at a meeting Sunday calling for Taillon's departure and has since made that letter public.** THE CANADIAN PRESS

# 1 in 5 immunized: Official

## Canada set to meet December vaccination deadline, doctor says

**Flu Outbreak**

**The country's chief public health officer says Canada is leading the world when it comes to the percentage of its citizens vaccinated against the swine flu.**

Dr. David Butler-Jones says about 20 per cent of the population has received the H1N1 shot in the last three weeks. Canada has about 33 million people.

"That's just unheard of," he said while he was attending an international conference on HIV/AIDS in Winnipeg yesterday. "Already we've immunized more people than anybody else in the world as a percentage of our population."

Health Minister Leona Aglukkaq told the House of Commons some jurisdictions will have completed their vaccinations by the end of this week.

"We had said all along that we were trying to complete the vaccination program by December. In fact, we were early in the rollout of our campaign across the country," she said. "By the end of this week, we will have over 10.4 million vaccines in provinces and territories."

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*Learn how to scan the barcode with the instructions at the top of pg 3*

Up to 95 per cent of the people in some remote northern Manitoba reserves, which were given priority because they were hit particularly hard when swine flu first hit in April, had received shots as of last week.

At least 161 Canadians have died from the virus since it surfaced in the spring. But Butler-Jones said Canada hasn't suffered as much as other countries.

"Every death is tragic, but the fact that we've had as few deaths as we've had and as few serious cases is testimony to everybody working to address this disease," he said. "This is actually a model of success.

"Very quickly, I think access will continue to improve. We're still on target that by the end of the year, hopefully before Christmas, anybody who wishes to be immunized will be."

THE CANADIAN PRESS

PAWEL DWULIT/THE CANADIAN PRESS

**Five-year-old Joshua and his 18-month-old sister, Emma Tustian, play with the Playskool Explore 'N Grow Tumble 'N Twirl Top yesterday during the Canadian Toy Testing Council's 2010 award-winning toy press conference in in Ottawa.**

# Toy council names top picks for 2010

**WINNERS** A colourful, peek-a-boo baby play centre, a tumbling top and a reversible costume set are among the top toys for 2010 chosen by the Canadian Toy Testing Council.

Most of the choices this year are educational as well as fun, said the council's Janet Heatherington.

The battery-operated toy of the year is for babies aged six months to 18 months. It's called Songs 'N Smiles Sillytown and uses stacking blocks and a tumble-down slide.

Created by Fisher-Price, the multicoloured toy includes eight peek-and-pop action blocks and more than 16 songs and goofy sounds.

For children younger than a year old, there's Playskool-Hasbro's Explore 'N Grow Tumble 'N Twirl Top. The brightly coloured, pump-action toy was a hit with children at a news conference yesterday.

For three years and older, reversible costumes for boys and girls got a nod. One goes to knight from dragon, the other turns to Snow White from Sleeping Beauty.

THE CANADIAN PRESS

## News in brief

**SIKH** Traditionalists are claiming victory over moderates after weekend elections at the Guru Nanak Sikh Temple in Surrey, B.C. But a release issued by the Sikh Youth Slate says members aren't sure when — or if — their opponents will surrender power. Control of one of the largest Sikh temples on the continent has been an issue, largely over whether tables and chairs should be used in the temple dining hall. Opponents of the furniture say it violates traditional Sikh values.

THE CANADIAN PRESS

# Larger Montreal subway-car deal possible

**TRANSIT** A larger, more expensive order for new Montreal subway cars could be announced by the end of the year, the head of the city's transit authority said yesterday.

Yves Devin said it's up to the Quebec government to announce "at an appropriate time" if the order will be larger than the original forecast of $1.2 billion for 342 cars.

He told reporters yesterday that negotiators are working very hard to hopefully conclude a deal by year-end.

"We are in full final negotiations and we cross our fingers."

Reports said the government is considering enlarging the contract to include perhaps 765 cars for $2 billion.

Devin refused to confirm the numbers or discuss what roadblocks may be delaying the awarding of the contract that was expected last June.

Ultimately, he said the Montreal transit authority is going to pay the right price per car from the partnership of Bombardier and French manufacturer Alstom.

THE CANADIAN PRESS

**$2B** The amount the Montreal subway-car contract could be worth should the Quebec government expand it, according to reports.

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**Charges possible after P.E.I. students hit**

Police say charges are possible after two high school students were hit and injured by a vehicle in a crosswalk in Charlottetown. Both teens were thrown about nine metres and were taken to hospital after the crash yesterday morning, police say. THE CANADIAN PRESS

# Illegal drug users unaware: Poll

**QUEBEC** A report on illegal drug use says more than half of Quebecers who use so-called designer drugs have no idea what they're consuming when they swallow what they think is ecstasy or speed.

It warns users that they're taking a risk if they think they can trust their pusher.

Benoit Archambault, a spokesman for Health Canada, says what jumps out from a report on drug seizures is that in 54 per cent of cases, the user "doesn't really know what he's swallowing."

Archambault made his comment yesterday while presenting a report that analyzed all synthetic drugs seized in Quebec between June 2007 and July 2008.

He says substances analyzed in Health Canada laboratories did not always turn out to be what drug dealers claimed.

"For example, in the case of ecstasy, in close to 80 per cent of cases, the user was consuming another drug or a combination of drugs," Archambault said.

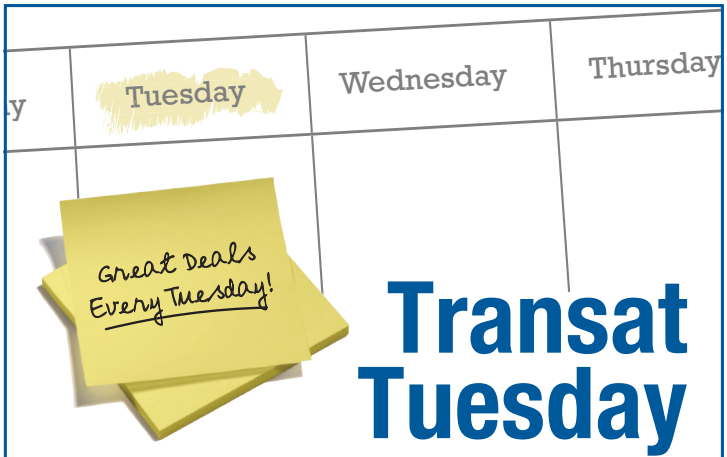
"Methamphetamine (speed) was often substituted for ecstasy, making it the number-one synthetic drug in Quebec."

Dr. Claude Rouillard, of Universite Laval's faculty of medicine, says drug users would be wrong to think they can predict the effect they'll get.

THE CANADIAN PRESS

### Samples

- Archambault says 365 drug samples were analyzed and 57 per cent were ecstasy compared with 28 per cent which were methamphetamine. Two pills which look identical can contain wildly different concentrations of the same substance — or even different substances.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TORSTAR NEWS SERVICE FILE PHOTO

Immigration Minister Jason Kenney, seen here in this file photo, says there's no need to apologize for the mistreatment of poor children shipped to Canada from the U.K. during the 19th Century.

# No need to say sorry, says immigration MP

## Apology not forthcoming for abused migrant kids

**Immigration Minister Jason Kenney says there's no need for Canada to apologize for abuse and exploitation suffered by thousands of poor children shipped here from Britain starting in the 19th century.**

Australia has apologized for its part in the mistreatment of the so-called home children and the British government has announced it will issue a formal apology next year.

Kenney says he supports a private member's motion to declare 2010 the year of the home child, in remembrance of the "sad period" in Canadian history.

But he says there's limited public appetite for official government apologies for tragic events of the past and no demand for one in this particular case.

From 1869 to 1939, an estimated 100,000 orphaned or abandoned youngsters were taken off the streets of Britain and sent to Canada and other former British colonies with the promise of a better life.

Many were abused physically and mentally or put to work as child labourers.

THE CANADIAN PRESS

MORE COVERAGE, PG 20

# PQ leader defends referendum decision

**POLITICS** Parti Quebecois Leader Pauline Marois is defending her decision to place future sovereignty referendums on the back burner as an old warhorse of the independence movement pushes for more debate on the national unity question.

Former PQ premier Jacques Parizeau says in his new book on Quebec independence that the party must continue building programs for a government that will one day lead a sovereign Quebec.

Parizeau came within a whisker of winning the 1995 referendum on sovereignty.

The 79-year-old is considered a hero of Quebec's hard-line sovereigntists.

Marois is defending her decision to put the timetable for another referendum on ice.

THE CANADIAN PRESS FILE PHOTO

Parizeau

Marois says the ideas in Parizeau's book are already part of the PQ's game plan.

Parizeau argues in his book that Quebec independence is necessary in an increasingly globalized world. THE CANADIAN PRESS

## Councillor, sons plead not guilty

**MURDER TRIAL** A small town Vancouver Island councilman and his two sons have pleaded not guilty to charges of second-degree murder in connection with the beating death of a Victoria area man last year.

Former Highlands councillor Ken Brotherston and his sons, Ken Jr. and Gregory, were seated in three separate prisoners' boxes in a B.C. Supreme Court room for the first day of their trial.

The father and sons were charged after the body of Keith Taylor was taken to the West Shore RCMP detachment in May 2008.

In its opening statement to the judge, who is hearing the case without a jury, the Crown said it will enter evidence that Taylor's death was not a case of self-defence.

THE CANADIAN PRESS

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| $1,000 | $126 |
| $3,000 | $111 |

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Freight ($1,325/$1,350/$1,329), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ‡Financing on approved GMAC credit only. 0% purchase financing for 36 months available on 2009/2010 Pontiac G3 Wave/G5. Example: $10,000 at 0% for 36 months, the monthly payment is $277.78. Cost of borrowing is $0, total obligation is $10,000. 5.99% purchase financing for 72 months available on 2009 Pontiac G3 Wave SE 1SN/2010 Pontiac G5 SE Coupe or Sedan R7C/2010 Pontiac Vibe FWD R7A. Example: $10,000 at 5.99% for 72 months, the monthly payment is $165.86. Cost of borrowing is $1,935.96, total obligation is $11,935.96. Down payment and/or trade may be required. 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Excludes other GM models. ♣♣5 government star ratings are part of the NHTSA's New Car Assessment Program (www.safercar.gov). Only vehicles tested at 35 mph (56 km/h) frontal crash test and 38.5 mph (62 km/h) side crash test. Ask your dealer for more details. ¥Safe & Sound Plan includes 5 years of OnStar Directions & Connections and 1 year of OnStar Safe & Sound (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ††GMAC will pay the first two months' GMAC finance payments for finance terms up to 60 months only, pickup to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student/graduate offer. Visit gmstudentbonus.ca for more details. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ▼Medium between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $500. Vehicle usage fee and other restrictions apply. Not available with some other offers. Customer must take retail delivery by 01/11/10. See dealer or gm.ca for additional details. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program", GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between November 3, 2009 and January 4, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information.

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**Calgary police seek hate-graffiti suspect**
Police are hoping video will identify a suspect who spray-painted anti-Semitic graffiti in two Calgary neighbourhoods. THE CANADIAN PRESS

# Environment Canada shy on collecting green

## Audit finds federal department owed $2.2M

**Environment Canada is trying to clean up a toxic spill on its balance sheets.**

A recently released audit shows the department is owed $2.2 million, and roughly one-third of the late payments are overdue by more than a year.

But debt collectors at Environment Canada are struggling to get people to pay up — and they're not exactly threatening to kneecap those who can't cough up the cash on time.

"There is a significant lack of followup both within the regional accounting offices and in departmental accounting," the audit says.

The audit found debtors — not counting other government departments or agencies — owed Environment Canada $2.2 million as of Feb. 6.

Of that, more than $500,000 was overdue by a year or longer.

But the people waiting longest to pay also owe the least.

Close to 86 per cent of accounts overdue by a year or more owed less than $500, the audit found — and most of that was accumulated interest.

THE CANADIAN PRESS

### Accounts overdue

- Environment Canada recently released the audit, which is dated June 22.
- The auditors say Environment Canada agreed with recommendations and now has a plan to address them.

## Budget woes **Tax hikes possible in N.S.**

ANDREW VAUGHAN/THE CANADIAN PRESS

Nova Scotia Premier Darrell Dexter addresses a news conference yesterday in Halifax. Dexter, responding to a report on the province's financial health, said they won't be able to balance the budget next year and didn't rule out tax hikes.

# East Coast faces people 'crunch': Study

Atlantic Canada stands to lose hundreds of thousands of workers over the next several decades as it contends with a shrinking population, a new study prepared for a Halifax-based think-tank has found.

The Atlantic Institute for Market Studies says the region is experiencing a "population crunch" that's expected to accelerate as people grow older.

The report is a followup to a 1998 AIMS study that predicted Atlantic Canada's population would grow by about 35,000 people in the ensuing 10 years.

However, the latest study says the region's population had actually shrunk by about 47,000 people as of 2006 and will likely continue to drop.

By 2046, that number is expected to swell to 272,800, the report says.

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**Union says nothing has been ruled out**

CUPE is considering its response to back-to-work legislation in B.C. for striking paramedics. THE CANADIAN PRESS

# Jobs weakening Afghan insurgency: Military

## Taliban likely fuelled now by devoted core

**The Canadian military says its new methods are effectively weakening the insurgency in Afghanistan, but the Taliban's resilience is raising questions about the changing nature of the guerrilla war.**

Hundreds of fighting-age Afghans have been offered wages to work on development projects, sparing them from having to earn a living by fighting for the Taliban.

It's one of the counter-insurgency moves used under Brig.-Gen. Jonathan Vance, who will complete his tour of duty as top commander of the Canadian Forces in Afghanistan on Thursday.

Combined with increased Canadian presence in key villages in Dand district, senior military officials suggest the insurgency in the area is beginning to fragment.

But even so, the Taliban threat is showing few signs of waning, especially in traditional strongholds.

One possibility is that there are fewer soft-Taliban than expected — and they have now quit the fight and what's left is a devoted core.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 20

### Canadian influence

- The insurgency now appears to be headed by commanders based in Pakistan — leaving local, part-time Taliban fighters vulnerable to being influenced by the Canadians.

## Torch relay **Cape Breton**

STEVE MADDEN/CAPE BRETON POST/THE CANADIAN PRESS

Special Olympian Lynette Sampson, of Sydney River, N.S., holds the Olympic torch high for a large crowd gathered at the Sydney, N.S., waterfront yesterday for the start of the Cape Breton leg of the 2010 Vancouver Olympic torch relay. **Follow the Olympic torch's journey with an interactive map at metronews.ca/sports**

## Small airlines want 2010 compensation

VANCOUVER 2010 **Games**

The association representing small B.C. airlines and flying schools wants Ottawa to compensate them for disruptions caused by air security restrictions during the 2010 Winter Olympics.

While they don't deny the need to protect the Games from terrorist attack, small operators say the restrictions need not be in place for eight weeks and they're unduly harsh on flying schools.

The Air Transport Association of Canada has written Prime Minister Stephen Harper asking for $3 million to $5 million to cover fixed costs operators will be forced to absorb during the period covering the Olympic and Paralympic Games.

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**Power sale hot topic in New Brunswick**

Premier Shawn Graham's controversial plan to sell New Brunswick's public power utility to Hydro-Quebec is expected to dominate debate when the provincial legislature opens today for its final session before next year's election. THE CANADIAN PRESS

# PM praises ties to India

## Harper speaks in Mumbai

**Prime Minister Stephen Harper experienced the complexities and contradictions of India yesterday with a chaotic tour schedule that took him from the gritty and moving scene of a terrorist attack to Bollywood star power and the corridors of business power.**

In a luncheon speech to a Mumbai investor audience at a posh hotel, Harper praised the long Indo-Canadian relationship and the huge Indian diaspora in Canada, while emphatically stating that more can be done.

"This South Asian tiger indeed has awoken, and the world is standing in awe," said Harper.

The prime minister later flew to New Delhi for talks with Indian government leaders.

It is Harper's first visit to India since he came to power almost four years ago. With critics complaining that his Conservative government has missed out on opportunities with an emerging economic superpower, Harper delivered an aggressive sales pitch that stressed both the work that's already been done and the promise of more.

**"This South Asian tiger indeed has awoken, and the world is standing in awe."**
Stephen Harper

Harper recited all the links between India and Canada, including pluralistic parliamentary democracy, federalism and more than a million Canadians who claim Indian heritage.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper watches a dancer yesterday as he appears on Dance Premier League, a reality dance contest show, during a stop at television studios in Mumbai, India.

## Prime minister makes appearance on dance show

First Stephen Harper got by with a little help from the Beatles.

Now the prime minister is cashing in on a little Bollywood cachet.

Harper and his wife, Laureen, visited the set of Dance Premier League before leaving Mumbai yesterday, where they were treated to a rollicking mujra-inspired Bollywood dance number.

With the segment set to air on the wildly popular Indian "reality" contest show, Harper may have topped his recent appearance singing a Beatles song at the National Arts Centre in Ottawa.

But it was a political performance fraught with peril. The prime minister failed to see a step during his introduction and almost tumbled as he walked on to the stage in the elaborately lit and thunderously loud TV theatre.

After sitting through most other performances, Harper eventually joined the ensemble on stage again for the finale, clapping along as traditionally clad performers danced around him.

He then offered them "a sixer" — a perfect score.

THE CANADIAN PRESS

## Man accused of running down girl loses fight to be tried as a minor

**COURT** A motorist who is alleged to have run down a young girl on his 18th birthday and had fought to be tried as a minor has been ordered to stand trial.

A Quebec court judge ruled yesterday that Brandon Pardi, 20, must be tried on charges of dangerous driving causing death and criminal negligence causing death.

The ruling from Judge Marie-Chantal Doucet came after an emotional day of testimony from witnesses put forth by the prosecution.

The court heard graphic testimony about the accident that killed a cherubic-looking toddler as she put up Halloween decorations on her babysitter's lawn.

"The evidence is sufficient to send you to trial," Doucet told the accused in a quick ruling from the bench.

Pardi's lawyer, Pierre Joyal, entered a not guilty plea on both counts and the case will return to court Jan. 25.

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**Read Kids' Metro!** *Special edition out on Friday, 20th*

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On Friday, November 20th, it's Kids Day at Metro! We're celebrating the 20th anniversary of the adoption of the Convention on the Rights of the Child by the United Nations. Read about the leaders of the future: and find out what Canadian kids would do if they ruled the world. Also an exclusive interview with Annie Lennox on her children campaign.

metro

There are things that only the world's largest global newspaper can do

**Publisher of gay and lesbian newspapers shuts down**
The United States' largest publisher of newspapers serving the gay and lesbian community has shut down. Laura Douglas-Brown, editor of Southern Voice newspaper in Atlanta, said she arrived at work yesterday to find the locks changed and a note saying parent company Window Media LLC had closed down. THE ASSOCIATED PRESS

# World

## U.S. to attend International Court

**The U.S. will attend an annual meeting of the International Criminal Court, a body it has so far refused to participate in, the American envoy for war crimes said yesterday. Stephen Rapp said the U.S. will for the first time be an observer at this year's meeting of countries that have ratified the treaty setting up The Netherlands-based court.** THE ASSOCIATED PRESS

# Obama gives China a nudge

## Subtly criticizes hosts over Internet restrictions and human rights record

**U.S. President Barack Obama sat down with the Chinese leader last night, hours after he pointedly nudged his host country to stop censoring Internet access, offering an animated defence of the tool that helped him win the White House — and suggesting Beijing need not fear a little criticism.**

The president's message during a town hall-style meeting with university students in Shanghai focused on one of the trickiest issues separating China's communist government and the United States — human rights.

"I think that the more freely information flows, the stronger the society becomes, because then citizens of countries around the world can hold their own governments accountable," Obama told students during his first-ever trip to China. "They can begin to think for themselves."

The first-term U.S. president and his delegation later arrived at the Forbidden City for Obama's third meeting with Chinese President Hu Jintao, where trade and economic issues were expected to dominate. The two leaders then sat down for what was expected to be a lavish dinner behind the walls surrounding the ancient city that was once home to Chinese emperors. They were scheduled to meet again today.

Obama's message, aside from his proddings on human rights, was clear: Few global challenges can be solved unless the world's only superpower and its rising competitor work together.

He and his advisers have insisted in virtually all public utterances since he arrived in Japan on Friday: "We do not seek to contain China's rise."

Obama recognizes that a rising China, as the world's third-largest economy — on its way to becoming the second — and the largest foreign holder of U.S. debt, has shifted the dynamic more toward one of equals.

THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama greets students yesterday after speaking at a town hall-style event in Shanghai.

### 'Great Firewall of China'

- Barack Obama talked at length about the Internet, which he said helped him win the presidency because it allowed for the mobilization of young people like those in his audience in Shanghai. China has more than 250 million Internet users and employs some of the world's tightest controls over what they see. The country is often criticized for having the so-called "Great Firewall of China," which refers to technology designed to prevent unwanted traffic from entering or leaving a network.

## Soldier mother could face charges

**GEORGIA** A U.S. Army cook and single mother could face criminal charges after she refused to deploy to Afghanistan, saying no one could care for her 10-month-old son. Commanders at Hunter Army Airfield had 21-year-old Spc. Alexis Hutchinson arrested by military police Nov. 6. Her attorney says Hutchinson planned for her mother in California to keep the child during her yearlong deployment. But Hutchinson's mother decided she couldn't because she's caring for three other relatives with illnesses and special needs. THE ASSOCIATED PRESS

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## News in brief

**ZIMBABWE** The number of tourists visiting Zimbabwe this year has more than tripled, a trade official said yesterday as entrepreneurs tried to lure investors to the troubled southern African country. Emmanuel Fundira, president of the Zimbabwe Council of Tourism, said at an investment conference in neighbouring South Africa that a unity government formed in February has brought political and economic stability. But full recovery is very much linked to the success of the new government, which many fear is on the brink of collapse. Zimbabwe has a wealth of minerals and natural attractions and was once the region's breadbasket. Many blame its economic meltdown on President Robert Mugabe's land policy under which thousands of white-owned commercial farms were seized in 2000. Mugabe, in power since independence from Britain in 1980, also is accused of undermining democracy. Fundira said 362,000 people had visited the country by August compared to 100,000 visitors the year before.
THE ASSOCIATED PRESS

# Man charged in 19-year string of rapes

**LONDON** In one of Britain's longest running hunts for a serial rapist, Scotland Yard detectives charged a 52-year-old man yesterday with a string of nearly a dozen assaults and burglaries.

The man dubbed the "Night Stalker," left a trail of terror for 19 years — breaking into homes, disabling phone lines and creeping into the bedrooms of his elderly victims during ordeals that lasted for hours.

The victims were mostly elderly women.

Delroy Grant appeared in court charged with five counts of rape, six indecent assaults and 11 burglaries between 1992 and 2009. The victims involved in the rape charges ranged in age from 81 to 89, police said.

The arrest comes as a result of Operation Minstead — a London Metropolitan Police task force with a randomly generated name — which was formed in 1997 to find the man. About 30 officers investigated more than 100 incidents.

After a series of interviews with victims in southeast London over the years, a pattern began emerging.

The telephone lines of the victims' homes were often disabled, and fuse boxes tampered with. Some described a person in a mask, waking them up by shining a flashlight in their faces. Police have said the attacker spent as long as four hours with the victims.

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JONATHAN STILLWELL/THE ASSOCIATED PRESS

A police forensic team enters the home of Delroy Grant yesterday in London.

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**Schwarzenegger visits American troops in Iraq**
California Gov. Arnold Schwarzenegger dropped in on U.S. troops in Iraq yesterday, thanking them for the sacrifices they and their families are making. THE ASSOCIATED PRESS

# Critics look for deeds, not words

**Afghan officials launched a new anti-corruption unit and major crime fighting force yesterday amid stiff international pressure to clean up the government following a fraud-tainted presidential election.**

The Afghan government has been dogged by corruption for years and this is the third formal launch of a unit promising to rein in rampant graft and bribery. But Afghan government officials told reporters this attempt has a better chance because of a real desire to succeed and strong international backing.

It has also been accompanied this time by international threats.

Both American and British officials have said they will consider the Afghan government's commitment to reform in deciding how many more troops to send to fight the resurgent Taliban.

On Sunday, U.S. Secretary of State Hillary Rodham Clinton said the U.S. will not provide any civilian aid to Afghanistan without a way to hold ministries accountable for how funds are used.

American and British officials have been particularly vocal in recent weeks in calling for President Hamid Karzai to institute reforms following the messy election that took two and a half months to resolve and undermined the legitimacy of a government the West is supporting with billions of dollars and tens of thousands of troops.

A March report by the U.S. Agency for International Development found corruption had reached "an unprecedented scope in the country's history."

THE ASSOCIATED PRESS

## Rocket attack

- Rockets slammed into a market northeast of Kabul yesterday, killing 12 civilians but missing their presumed target: A meeting between France's top general in Afghanistan and dozens of tribal elders.

MARK GRAHAM/THE ASSOCIATED PRESS

Australian Prime Minister Kevin Rudd, right, talks with women at the ceremony where he issued an apology to thousands of impoverished British children shipped to Australia with the promise of a better life, only to suffer abuse and neglect.

# Apologies for a painful past

**AUSTRALIA** When John Hennessey was 10 years old, he was sent from a war-weary Britain to an orphanage in Australia, where he was told food was plentiful and children rode kangaroos to school. Instead, he was beaten and sexually abused, leaving him emotionally scarred and with a stutter that persists 60 years later.

"There's no other country in the world that has deported their children to the other side of the world and then abandoned them," the 72-year-old said before an emotional ceremony yesterday in Australia, where Prime Minister Kevin Rudd apologized for his country's role in a shameful episode in British colonial history.

Rudd acknowledged the deep wounds inflicted by the programs that sent an estimated 150,000 British children to distant colonies, and extended condolences to the 7,000 survivors of the programs who still live in Australia.

THE ASSOCIATED PRESS

# Journalist freed by Taliban tells his story

**NORWAY** Taliban captors in Afghanistan threatened to execute a kidnapped Norwegian journalist unless a $500,000 ransom was paid for his release, the freed reporter said yesterday.

Paal Refsdal said he spent a harrowing week as a hostage of a Taliban commander in an insurgent stronghold near the Pakistani border. He was released with his Afghan translator Nov. 11.

The 46-year-old veteran war reporter said he was in Afghanistan shooting a documentary about everyday Taliban life when he was kidnapped by a commander he had befriended on an earlier visit.

"When they threatened to cut off my head, I knew things were getting serious," Refsdal told reporters, a day after he returned to Norway. "I was naive and underestimated the greed of this commander."

Norwegian Foreign Minister Jonas Gahr Stoere said last week the ministry did not pay a ransom, saying only it had secured his release in a "non-violent" fashion based on "an Afghan solution" reached through unidentified Afghan contacts. He gave no other details.

**"When they threatened to cut off my head, I knew things were getting serious."**
Paal Refsdal

A Taliban commander told Refsdal his security would be guaranteed.

Shortly after his arrival, however, the commander took him and his translator hostage.

His captors held him and the translator in the house of a local family, who fed and helped protect them.

"I've seen the best side of the Taliban in Davran Safer," Refsdal said. "He showed me a good side of the Taliban. And then there was his junior commander, who showed me its worst side — sheer greed."

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Departs Dec 6/nol/5g.

**Aruba** 7 Nights 4-Star $858
Holiday Inn Sunspree + taxes & fees $240
Departs Nov 29/vat/ts.

**Cozumel** Christmas 7 Nights 4.5-Star $875
Melia Cozumel + taxes & fees $277
Departs Dec 20/swg/wg.

**Los Cabos** Christmas 7 Nights 4-Star $945
Temptation Resort + taxes & fees $277
Departs Dec 19/swg/wg.

**Cruise Vacations**

**Western Caribbean** 5-Night Cruise $201
Norwegian Dawn + taxes & fees $84
CRUISE roundtrip Miami and visit Grand Cayman and Cozumel. Sails Nov 29/ncl.

**Eastern Caribbean** 7-Night Cruise $391
Norwegian Pearl + taxes & fees $94
CRUISE roundtrip Miami and visit Samana Bay, St Thomas, Tortola and Great Stirrup Cay. Sails Dec 12/ncl.

**Mexican Riviera** 7-Night Cruise $459
Mariner of the Seas + taxes & fees $57
CRUISE roundtrip Los Angeles and visit Los Cabos, Mazatlan and Puerto Vallarta. Sails Nov 29/rcl.

**Hawai'i** 7-Night Cruise $783
Pride of America + taxes & fees $76
CRUISE roundtrip Honolulu and visit Maui, the Big Island and Kauai. Sails Nov 21/ncl.

**Tour**

**South Africa** World Cup 8-Day Tour $869
Durban to Port Elizabeth World Cup Overland taxes & fees included
HIGHLIGHTS World Cup match viewing, Drakensberge (Royal Natal National Park, Golden Gate National park), Mountain Zebra National Park, Addo Elephant Park, Bloemfontein, Port Elizabeth, game drive (own vehicle) and visit to floodlit waterhole at night. Departs Durban. Departs Jun 23/gap.

**Vacations**

**Las Vegas** Air + 4 Nights $175
Circus Circus + taxes & fees $241
INCLUDES accom on the strip. Departs Nov 30/swg/wg. UPGRADE to 4-star Flamingo for $13 per night.

**Fort Lauderdale** Air + 3 Nights $215
Lauderdale Beachside Hotel + taxes & fees $238
Departs Dec 3/swg/wg.

**Quebec City**
Ice Hotel, Air + 3 Nights $459
Ice Hotel & Lowes Le Concorde + taxes & fees $100
INCLUDES first night at the Ice Hotel and 2 nights at Lowes Le Concorde. Departs Jan 20/ggv/ws.
ADD 3-day car rental with unlimited mileage for $56 per day.

**Nashville** Air + 3 Nights $539
Best Western Music Row + taxes & fees $105
BONUS Nashville's Grand Legends Tour included. Departs Jan 7/ggv/aa.

**Maui & Honolulu** Air + 7 Nights $1099
Aston Maui Banyan and Aston Aloha Aqua Surf + taxes & fees $113
INCLUDES flight to Maui and return from Honolulu, 3 nights in Maui, 4 nights in Honolulu and inter-island flight. Departs Nov 24/ggv/ws.

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**Deal to protect tuna from overfishing not enough, commission says**

Environmentalists said yesterday an international deal to reduce catches of Atlantic bluefin tuna didn't go far enough to protect the species. The International Commission for the Conservation of Atlantic Tunas decided at a meeting Sunday in Brazil to limit 2010 catch quotas to 13,500 tons to prevent overfishing. THE ASSOCIATED PRESS

# Strategy hailed at food summit

## Leaders OK agriculture plan, but don't commit to UN price tag

**World leaders at a food summit yesterday rallied around a new strategy to fight global hunger by helping poor countries feed themselves, but rebuffed a UN appeal to put a price tag on funding.**

The summit approved its final declaration during its first hours in a show of broad consensus. Countries pledged to substantially increase aid to agriculture in developing nations so the world's 1 billion hungry can become more self-sufficient.

In effect, the 192 countries were essentially endorsing the strategy adopted by the world's wealthiest nations at the Group of Eight summit this summer in L'Aquila, Italy.

But yesterday's meeting did not commit to the $44 billion a year for agricultural aid the UN Food and Agriculture Organization says will be necessary in the coming decades.

Shortly after the delegates rejected the funding appeal, Pope Benedict took the floor to decry "opulence and waste" in a world where the "tragedy" of hunger has been steadily worsening.

More than 1 billion people — roughly one of every six people on Earth — don't get enough food.

The pontiff, lending his moral authority as head of the world's 1 billion Catholics, also called for access to international markets for products coming from poor countries, which he said are often relegated to the sidelines. The Pope urged delegates to keep the "fundamental rights of the individual" in mind when shaping agricultural strategy. People are entitled to "sufficient, health and nutritious food" as well as water, he said. THE ASSOCIATED PRESS

L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

In this photo provided by the Vatican newspaper L'Osservatore Romano, Pope Benedict XVI addresses delegates yesterday at the opening ceremony of the World Summit on Food Security in Rome.

# Aid, emissions cuts will be contentious in climate talks

**CLIMATE CHANGE** There's not enough time to strike a detailed and binding deal at next month's Copenhagen conference on climate change but nations say it still can succeed if all 192 countries can agree on two sets of numbers.

Those numbers — how much aid money will be given to poor countries and how much industrial countries will reduce emissions over the next 10 years — are highly contentious, and there's no guarantee a political agreement can be reached.

Cabinet ministers and top negotiators from 40 key countries convened yesterday for two days to prepare for the UN conference in the Danish capital, but were unlikely to try to set those specific numbers. That will remain for the summit next month.

But other crunch issues required discussion, including how financing — more than $100 billion a year within a decade — will be raised and delivered to countries in need. THE ASSOCIATED PRESS

### U.S. reluctance

- The Obama administration wants to be included in the new accord. But its reluctance to commit to emissions targets or financing until Congress completes legislation helped to delay a legally binding international accord.

## News in brief

**MIDDLE EAST** The Palestinians asked the European Union yesterday to back their plan to have the UN Security Council recognize an independent Palestinian state without Israeli consent. The idea of seeking UN intervention has been gaining steam in the Arab world as the impasse in peacemaking drags on. The Palestinians are seeking a state in the West Bank, Gaza Strip and east Jerusalem, territories Israel captured in 1967. THE ASSOCIATED PRESS


# Location, Location, Location?

## Where You Live Can Impact Your Car Insurance Rate

### How Much Is Your Postal Code Costing You?

We've all heard that when it comes to real estate, the biggest driver of your success is location. Can the same be said for getting the lowest car insurance rate? The answer is – sort of.

Insurance companies do use a wide variety of risk factors when setting premiums, and where you live is one of them. The question each insurance company tries to answer is "how likely is it a policyholder living in [insert location here] will make a claim and how much will that claim cost to pay out if there is a loss?" If you live in an area that a given insurance company knows to have a high claims rate, all things being equal, you can expect to pay more than someone living in an area with a lower claims rate.

### Should I Consider Moving To Get A Better Rate?

Probably not. If you are like most people, picking up and moving to another neighbourhood in hopes of saving money on your car insurance is likely not an option. And the truth is, even if you did move, there's no guarantee you'd get a lower rate, since each insurance company sets its rates independently and can change them up to 4 times per year according to a wide variety of factors of which your location is only one.

### What's The REAL Secret To Lowering Your Rate?

The simplest and easiest thing you can do to lower your rate right now is to SHOP AROUND. Why? Because the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key is finding the one insurance company that can offer the lowest rate available for your driving profile. InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 top insurance companies to find you the lowest rate for your profile and then connects you with a licensed broker or agent who can provide the policy. It is fast, safe and FREE.

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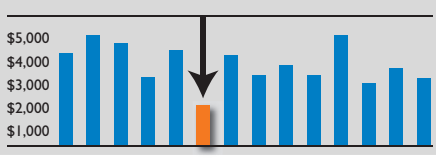


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**Man accused of stealing $11.6M turns self in**

A French armoured car driver suspected of stealing 11.6 million US in cash has turned himself in to authorities in Monaco following a massive manhunt, police in France and Monaco said. Suspect Toni Musulin appeared at a police station in the Mediterranean principality of Monaco yesterday after 11 days on the run. THE ASSOCIATED PRESS

# Tweeps wowed by Atlantis

**With 100 Internet-savvy NASA fans cheering on the shuttle and churning out constant Twitter updates, Atlantis sailed smoothly into orbit yesterday with six astronauts and a full load of spare parts for the International Space Station.**

The supply run should keep the space station humming for years to come, and the shuttle astronauts in space for 11 days.

Atlantis was clearly visible as it shot through thin afternoon clouds, to the delight of Twittering space enthusiasts who won front-row seats to the launch. The contest winners splashed news — mostly tweeting "wow" and "amazing" about the liftoff — over countless cellphones and computers in 140 characters or less.

JOHN RAOUX/THE ASSOCIATED PRESS

STS-129 crew members, from left, Mission Specialists Robert Satcher, Mike Foreman, Randy Bresnik, Leland Melvin, pilot Barry Wilmore and commander Charlie Hobaugh, pose for a photo prior to getting on the Space Shuttle Atlantis which began an 11-day mission yesterday.

"What's exciting to me is that they've captured the spirit and the excitement that we all feel, and they were able to capture it in a very few number of characters," NASA space operations chief Bill Gerstenmaier said with a chuckle. "They're amazing, little, short statements about what they felt."

Atlantis will reach the space station tomorrow. As the shuttle blasted off, the station was soaring 350 kilometres above the South Pacific. Launch director Mike Leinbach wished the astronauts good luck.

"We're excited to take this incredible vehicle for a ride and meet up with another incredible vehicle," Hobaugh replied.

NASA wants to stockpile as many pumps, tanks, gyroscopes and other oversize equipment as possible at the space station, before the three remaining shuttles retire next fall. None of the other visiting spacecraft is big enough to carry so many large pieces.

The space agency expects to keep the space station flying until 2015, possibly 2020 if President Barack Obama gives the go-ahead.

During their 11-day flight, Hobaugh and his crew — including the first orthopedic surgeon in space, Dr. Robert Satcher Jr. — will unload the nearly 30,000 pounds of equipment and experiments.

THE ASSOCIATED PRESS

## Canadian trees on a space voyage

**SCIENCE** Some Canadian trees will be on board the space shuttle Atlantis this afternoon when six astronauts begin an 11-day mission.

Atlantis is set to blast off at 2:28 p.m. on a mission to stockpile the International Space Station with spare parts. Also on board will be 24 willow saplings for a Canadian experiment to study how gravity affects the formation of different kinds of wood.

The experiment is led by professor Rodney Savidge of the University of New Brunswick and funded by the Canadian Space Agency.

Canadian astronaut Robert Thirsk will manage the experiment on the space station.

THE CANADIAN PRESS

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# Genocide conviction overturned

**RWANDA** A UN appeals court yesterday overturned the conviction of the former Rwandan president's brother-in-law, who had been sentenced to 20 years for organizing a massacre that left about 1,000 dead during the 1994 genocide.

The judge said that serious errors had been committed during Protais Zigiranyirazo's 2008 conviction and sentencing, and ordered him to be released immediately.

Zigiranyirazo, 71, stood in disbelief in the courtroom yesterday. "God is great and justice has been done," he told The Associated Press after the judge overturned the sentence.

At least 500,000 ethnic Tutsis and moderate Hutus were killed during Rwanda's genocide, which began after President Juvenal Habyarimana's plane was brought down in April 1994. Zigiranyirazo, an influential member of the Rwandan government at the time, was his brother-in-law.

SUKHDEV CHHATBAR/THE ASSOCIATED PRESS

A United Nations court yesterday overturned a 20-year sentence faced by Protais Zigiranyirazo, for organizing a massacre during Rwanda's 1994 genocide. The judge said the Trial Chamber committed serious errors in the 2008 conviction and sentencing.

In a 30-page ruling, the appeals court said yesterday that it had reversed Zigiranyirazo's convictions for genocide and crimes against humanity because those convictions had "violated the most basic and fundamental principles of justice."

"In these circumstances, the Appeals Chamber had no choice, but to reverse Zigiranyirazo's conviction," the ruling said.

Judge Theodor Meron said the trial judgment had "seriously erred in its handling of the evidence."

Many in Rwanda were disappointed with the court's decision.

"It is a sad decision for all Rwandans who know what this man did. He is a member of Akazu — a group well known for its serious participation in the genocide," said Tharcisse Karugarama, Rwanda's Justice Minister and attorney general.

Karugarama refuted claims that the previous court had made errors. "It is a sad day for Rwanda, it is a sad day for genocide survivors," he said.

Benoit Twahirwa, a 42-year-old survivor, said he was not surprised by the verdict.

"I don't know in whose interest this tribunal was established to serve. They are acquitting the very people who left us orphans," he said.

THE ASSOCIATED PRESS

# Video of grenade tossing in U.S. prison released

**WISCONSIN** Prison officials in the state of Wisconsin released a video that shows a guard tossing a non-lethal grenade designed for outdoor crowd control into an inmate's cell and running away as it explodes.

The Department of Corrections released the video Friday after The Associated Press filed a lawsuit last month seeking a copy under the state's open records law. The department agreed to pay $5,000 to cover AP's attorneys fees.

The AP requested the video after the state paid $49,000 to settle a lawsuit brought by the inmate, Raynard Jackson. He alleged the detonation of the stinger grenade in his cell at a maximum-security prison in Boscobel amounted to excessive force.

Jackson is the only Wisconsin inmate ever subdued by a stinger grenade, an explosive device that causes a flash of light, a loud blast and the spraying of rubber pellets. Prison officials say they would no longer detonate the device inside an inmate's cell but might in the event of an outdoor prison riot.

THE ASSOCIATED PRESS

## News in brief

**EUROPE** NATO Secretary-General Anders Fogh Rasmussen says European nations must do more to resolve disputes between Greece and Turkey that are holding up a deal for improved security co-operation in Afghanistan. Speaking before a meeting of EU defence and foreign ministers yesterday, Fogh Rasmussen said "pragmatic solutions" were needed to end the deadlock. THE ASSOCIATED PRESS

**Carter says he resisted attacking Iran to avoid mass casualties**
Former U.S. president Jimmy Carter said yesterday he was pressed by his advisers to attack Iran during the hostage crisis there more than 30 years ago but resisted because he feared 20,000 Iranians could have died. THE ASSOCIATED PRESS

# True Mussolini exposed?

## Diary says Italian leader bragged about his anti-Semitism

**Benito Mussolini was a fierce anti-Semite, who proudly said that his hatred for Jews preceded Adolf Hitler's and vowed to "destroy them all," according to previously unpublished diaries by the Fascist dictator's longtime mistress.**

According to the diaries, Mussolini also talked about the warm reception he received from Hitler at the 1938 Munich conference — he called the German leader a "softy" — and attacked Pope Pius XI for his criticism of Nazism and Fascism.

On a more intimate note, Mussolini was explicit about his sexual appetites for his mistress and said he regretted having affairs with several other women.

The diaries kept by Claretta Petacci, Mussolini's mistress, between 1932 and 1938 are the subject of a book coming out this week entitled "Secret Mussolini." Excerpts were published yesterday by Italy's leading daily Corriere della Sera and confirmed by publisher Rizzoli.

THE ASSOCIATED PRESS FILE PHOTO

File photo dated Sept. 28, 1938 showing Italian dictator Benito Mussolini, left, and Nazi leader Adolf Hitler, right, taken just before the four power conference in Munich, Germany.

Historians said the diaries appeared to be convincing and reinforced the image that Mussolini was strongly anti-Semitic, even though early on there was some Jewish support for his Fascist movement. But they cautioned that these are the diaries of the dictator's lover — not Mussolini himself — and therefore must be taken with an extra grain of salt.

Corriere said the diaries shed new light on Mussolini, who had been seen as more obsequious toward the pope and "dubious" over Italy's racial laws, which led to widespread persecution of Italian Jews. THE ASSOCIATED PRESS

# Redskins name battle tossed out of U.S. court

**APPEAL** The Supreme Court won't hear an appeal from a group of Native Americans who think the name of the NFL's Washington Redskins football team is offensive.

The high court yesterday turned away an appeal from Suzan Shown Harjo. That ends the latest round in the 17-year court battle between the Redskins and a group of American Indians who want them to change their name.

Harjo and her fellow plaintiffs have been working since 1992 to have the Redskins trademarks declared invalid. They initially won — the U.S. Patent and Trademark Office panel cancelled the trademarks in 1999. But U.S. District Judge Colleen Kollar-Kotelly overturned the ruling in 2003 in part because the suit was filed decades after the first Redskins trademark was issued in 1967.

The U.S. Court of Appeals then sent the case back to Kollar-Kotelly, noting that the youngest of the plaintiffs was only one year old in 1967 and therefore could not have taken legal action at the time.

But Kollar-Kotelly rejected that argument, saying the youngest plaintiff turned 18 in 1984 and therefore "waited almost eight years" after coming of age to join the lawsuit. The Court of Appeals upheld that decision in May, and the Supreme Court now has refused to review that decision. THE ASSOCIATED PRESS

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# Iran can produce a ton of enriched uranium: Study

**NUCLEAR** Iranian technicians have moved highly sophisticated technical equipment into a previously secret uranium enrichment site in preparation for starting it up in 2011, the International Atomic Energy Agency said in a new report yesterday.

The report offered no estimate of the new plant's capabilities but a senior international official familiar with the watchdog agency's work in Iran said that it appeared designed to produce about a ton of enriched uranium a year.

The official, as well as analysts, said that would be enough for a nuclear warhead but too little to fuel the nearly finished plant at the southern port of Bushehr and other civilian reactors Iran is planning to bring on line in the coming years.

**"It won't (even) be able to produce a reactor's worth of fuel every 90 years, but it will be able to produce one bomb a year."**
Ivan Oelrich, Federation of American Scientists

"It won't (even) be able to produce a reactor's worth of fuel every 90 years, but it will be able to produce one bomb a year," said Ivan Oelrich, vice-president of the Strategic Security Program of the Federation of American Scientist. "It does look strange."

The IAEA also noted that Iran's enrichment at the Natanz site — revealed by dissidents in 2002 and under agency monitoring — was stagnating, with output remaining at mid-2009 levels.

The report did not offer a reason. But the official suggested that nuclear experts previously working at Natanz could now be preoccupied with putting the finishing touches on the newly discovered site, called Fordo.

As early as three years ago, Iranian officials had announced that immediate plans for the Natanz site were to install about 8,000 enriching centrifuges, and yesterday's report suggested that Tehran had reached that goal

The seven-page report — the latest IAEA summary of what it knows about Iran — said that as of Nov. 2, about 8,600 centrifuges had been set up but only about 4,000 were enriching — or 600 less than in September. THE ASSOCIATED PRESS

## Argentina **Court overturns same sex marriage ban**

NATACHA PISARENKO/THE ASSOCIATED PRESS

Alex Freyre, right, and Jose Maria Di Bello gesture during a press conference after applying to marry at the civil registry in Buenos Aires yesterday. A judge declared unconstitutional a law that bans same sex marriage and authorized the marriage between Freyre and Di Bello for Dec. 1.

# Battle for European Union presidency heats up

**LEADER** No consensus has yet emerged on who leaders will pick to become the European Union's first full-time president, officials and envoys said yesterday.

The bloc's 27 national governments remain far apart with just four days to go until a special EU leaders' summit, which is meant to decide on the president and the EU's new foreign policy chief.

Belgian Premier Herman Van Rompuy is touted as the frontrunner, but Britain is lobbying hard for former British leader Tony Blair. Dutch Prime Minister Jan-Peter Balkenende, Luxembourg Premier Jean-Claude Juncker and ex-Latvian President Vaira Vike-Freiberga have also been nominated. THE ASSOCIATED PRESS

**Greenpeace activists hop aboard ship**
Greenpeace says its activists have climbed aboard a ship carrying supplies to a French-made nuclear reactor under construction in Finland. THE ASSOCIATED PRESS

# Greenpeace lands experienced director

**An African took over as director of Greenpeace yesterday, bringing experience honed as a teenage opponent of white rule in South Africa and a network of powerful contacts to the battle against global warming.**

Kumi Naidoo said he still had much to learn about Greenpeace's current agenda, from protecting whales and forests to stopping nuclear tests and toxic dumping. But the new director has already grasped the issues around global warming, an increasingly overriding concern of Greenpeace and other environmental groups.

## Experienced leadership

- After battling apartheid in South Africa in the 1970s and 1980s, Kumi Naidoo led global campaigns to end poverty and protect human rights. Recently, he has led the Global Campaign for Climate Action.

"We either get it right and all of humanity comes out on the other side with a new world," Naidoo said before he took the Greenpeace helm. "Or we get it wrong and all the world is going to sink."

Gerd Leipold, his predecessor at Greenpeace, said Naidoo's appointment is a watershed, both because he is the first African and because he is the first executive director to come from outside the organization. THE ASSOCIATED PRESS

THEMBA HADEBE/THE ASSOCIATED PRESS
Kumi Naidoo

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# President urges quick results for Kosovo vote

**VOTING** Kosovo's president said yesterday the state's first elections since gaining independence from Serbia were a success, but urged a quick announcement of the results.

Fatmir Sejdiu said polling officials should announce who won the local elections held Sunday with "more urgency."

## Turnout

- Some 45 per cent of Kosovo's 1.5 million voters turned out to vote in the poll, which is seen as an important step for this new country trying to establish itself as an independent state.

The vote for city councils and mayors took place amid fears of fraud, tension between ethnic Albanian rivals and a massive boycott by minority Serbs who reject Kosovo's 2008 declaration of independence.

Preliminary results were due Sunday night, but were postponed several times. A new deadline was set at 1 p.m. EDT yesterday. The delay is blamed on the failure of a system that sends results by SMS text messages.

The president's comments come after Prime Minister Hashim Thaci claimed victory in 20 of the 36 municipalities. Opposition parties contested Thaci's outright victory.

Kosovo's election officials brushed aside any claims of fraud and said the new system — part of a deal signed with Kosovo's state telecommunications company — had not functioned.

"It simply didn't work out the way it was planned, so we had to do the count the old way," said Fehmi Ajvazi, spokesman for the Central Election Commission.

THE ASSOCIATED PRESS

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## Comment

# High times for prime minister

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Few could have predicted this — that a year after almost losing the government over his boneheaded budget update, Stephen Harper would be riding higher than ever.

A year ago, it looked that given his stumblings, given the oncoming recession, given the arrival of a new Liberal leader, this prime minister might be on his way out.

But here he is today with a big lead in the polls, a good showing in last week's byelections, his Liberal opposition reeling. He is defining the agenda to suit his conservative values. He is even scoring some points — who could have imagined his Beatles' song rendition? — in terms of personal appeal.

His conservative agenda — Stephen Harper's Canada — was stamped out in the revamped citizenship guide his government issued last week. It was heavy on pride in the Armed Forces, law and order, the monarchy, limits to cultural tolerance. It was light on gay marriage, the environment, health care and socially progressive content. It was met with much applause.

It is remarkable Harper has been able to brand Canada to suit his purposes. The skill of the political leader lies in making the people feel good about what's going on. On the face of it, Canadians don't have much to cheer about. They are not better off than they were four years ago. There's the recession and Ottawa's progress in fighting it is coming at a heavy cost — a looming huge deficit. There's the war in Afghanistan, which is going badly. There's the environment file, on which the government's performance has been laggard.

On content, the Conservatives lack big achievements. On style, they have been repeatedly criticized for their secrecy, heavy-handedness, one-man rule, all very much in contrast to its promise of a new era of transparency.

Their success is all the more surprising in that it bucks the trend to the south. In the United States, George W. Bush and Sarah Palin have tarnished the conservative brand. Barack Obama leads a liberal resurgence.

There's no such trend resurgence here. Here, Harper's conservatism is making Canadians feel good, or at least not dismayed, about what's going on. He's been lucky, helped along by the ineptitude of the Liberals. But in part, it's been the prime minister's craftiness that has made them appear that way.

Those of us who thought he would be on his way out by now were way off. He's on his way in. He may just be getting started.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Worth mentioning

# Scotch has been on rocks for 100 years

A beverage company has asked a team to drill through Antarctica's ice for a lost cache of some vintage Scotch whiskey that has been on the rocks since a century ago.

The drillers will be trying to reach two crates of McKinlay and Co. whiskey that were shipped to the Antarctic by British polar explorer Sir Ernest Shackleton as part of his abandoned 1909 expedition.

Whyte&Mackay, the drinks group that now owns McKinlay and Co., has asked for a sample of the 100-year-old scotch for a series of tests that could decide whether to relaunch the now-defunct Scotch.

Workers from New Zealand's Antarctic Heritage Trust will use special drills to reach the crates, frozen in Antarctic ice under the Nimrod Expedition hut near Cape Royds.

Al Fastier, who will lead the expedition in January, said restoration workers found the crates of whiskey under the hut's floorboards in 2006. At the time, the crates and bottles were too deeply embedded in ice to be dislodged.

The New Zealanders have agreed to try to retrieve some bottles, although the rest must stay under conservation guidelines agreed by 12 Antarctic Treaty nations.

Fastier said he did not want to sample the contents.

"It's better to imagine it than to taste it," he said. "That way it keeps its mystery."

Richard Paterson, Whyte&Mackay's master blender, said the Shackleton expedition's whiskey could still be drinkable and taste exactly as it did 100 years ago.

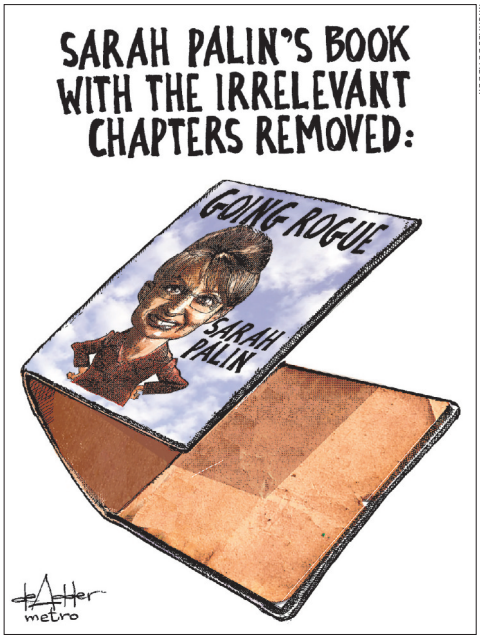
If he can get a sample, he intends to replicate the old Scotch and put McKinlay whiskey back on sale.

"I really hope we can get some back here," he was quoted as telling London's Telegraph newspaper.

"It's been laying there lonely and neglected. It should come back to Scotland where it was born.

"Even if most of the bottles have to remain in Antarctica for historic reasons, it would be good if we could get a couple," Paterson said.

THE ASSOCIATED PRESS




MICHAEL DE ADDER

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**Alberta, Ottawa pump in $25M in fight against pine beetle**
The fight to contain a massive swarm of tree-killing mountain pine beetles before they spread further east is getting $25 million from the Alberta and federal governments. The tiny bugs have already destroyed about one-half of British Columbia's marketable pine timber. THE CANADIAN PRESS

# Business

| DOLLAR | GAS | OIL | TSX |
|---|---|---|---|
| US 95.50¢ | US $4.61 | US $78.90 | 11,512.26 |
| US 0.31¢ | US 22.2¢ | US $2.55 | 104.58 |

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

THE CANADIAN PRESS/AP-AIJAZ RAHI

India's appetite for gold has made it the largest retail market for the metal, consuming more than 700 tonnes in 2008 alone.

## India buys 200 tonnes of gold sparking global bullion rush

**GOLD** When India secretly shipped 67 tonnes of gold to the Bank of England under a deal with the International Monetary Fund to avert a balance-of-payments crisis in May 1991, it was criticized as a national disgrace.

Fast forward to November 2009: The government of economic wizard Manmohan Singh buys 200 tonnes of gold, worth $6.7 billion US, from the IMF, sparking a global rally in the metal and drawing rare praise from foreign commentators.

The surprise move pushed the government's gold holdings to the 10th largest in the world from the 14th. The country's insatiable appetite for gold has made it the largest retail market for the metal.

Himadri Bhattacharya, executive vice-president at Tata Capital in Mumbai, India, said gold held by Indian households and other private groups would be close to 25,000 tonnes.

Experts have noticed a subtle change in buyer attitudes. It's not just jewelry anymore. Consumers are going for bullion.

"The distinction between adornment demand and investment demand was blurred," said Bhattacharya. "Now we are observing a well-defined and well-entrenched market for retail investment products — gold coins and gold ETFs (exchange-traded funds)." THE CANADIAN PRESS

# Canada delays signing pact

## 7 countries plus EU signatories to aviation freedom accord

**Canada says it needs more time, but seven countries and the European Commission have signed an airline liberalization policy statement.**

The multilateral statement, signed after a summit in Montebello, Que., aims to ensure the financial sustainability of the global airline industry.

### Study lists benefits of liberalization

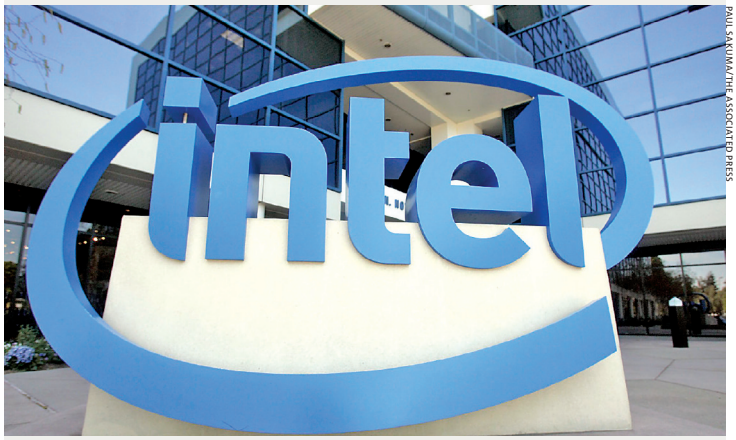
- An IATA-commissioned study in 12 markets concluded that liberalization of market access, ownership and control would increase GDP by nearly one percentage point or $67.7 billion US, generate 2.4 million jobs and reduce fares by 16 per cent.

Signatories include the United States, Chile, Malaysia, Panama, Singapore, Switzerland and the United Arab Emirates, which represent 60 per cent of global aviation traffic.

Canada was not among the signatories because it needed more time to evaluate the process, said Giovanni Bisignani, director general of the International Air Transport Association.

The policy principles aim to reduce national restrictions that prevent access to capital markets, restrict the ability to fly into countries, and set airline prices above market levels. THE CANADIAN PRESS

## Intel **Raising its dividend**


PAUL SAKUMA/THE ASSOCIATED PRESS

Intel Corp. says it will raise its dividend by 12.5 per cent next year. The announcement yesterday comes despite heavy legal costs for Intel, which provides the microprocessors that run personal computers. The company said last week that it will pay rival Advanced Micro Devices Inc. $1.25 billion to settle claims that it used its market clout to elbow AMD out of the competition.

## Kazakhstan OK's B.C. miner's bid

**PURCHASE** Miner Uranium One Inc. says the Kazakhstani Ministry of Energy and Mineral Resources has approved the Vancouver company's purchase of a 50 per cent stake in the Karatau Uranium Mine in Kazakhstan in central Asia.

The company will acquire the 50 per cent share from the Russian government-owned corporation, which in turn will receive about a 19 per cent stake, or 117 million shares in the company.

The total price tag for the deal is 117 million Uranium One shares and $90 million in cash. At yesterday's stock price of $3.37 on the TSX, the cash and share transaction has a value of about $544 million, with other payments included.

"The (ministry) has given us the approval to do the Karatau transaction, effectively allowing the Russian government to take up an interest in our business," said Jean Nortier of Uranium One. THE CANADIAN PRESS

## Fed will keep eye on sliding U.S. dollar: Bernanke

**CURRENCY** U.S. Federal Reserve chairman Ben Bernanke yesterday said the central bank will keep a close eye on the sliding U.S. dollar even as he pledged anew to keep interest rates at record-lows to nurture the economic recovery.

In remarks prepared for delivery to the Economic Club of New York, Bernanke made clear Fed policymakers will keep rates at super-low levels.

Yet through his words, Bernanke is also trying to bolster confidence in the dollar without actually raising rates, a move that could short-circuit the fragile recovery.

Economists say a free-fall in the value of the dollar is remote but can't be entirely dismissed. THE ASSOCIATED PRESS

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**Brookfield issuing $285M in units**
Brookfield Infrastructure Partners L.P announced yesterday it has received unitholder approval to issue approximately $285 million of additional redeemable partnership units and general partner units to Brookfield Asset Management Inc. THE CANADIAN PRESS

# Goldcorp to acquire Canplats

**MINING** Major gold miner Goldcorp Inc. announced yesterday it is acquiring junior miner Canplats Resources Corp. in a deal valued at $238 million.

The deal will see Goldcorp assume ownership of Canplats' Camino Rojo project in Mexico, expanding its already extensive operations in that country. Goldcorp already has three mines and two development projects in Mexico.

The news sent Canplats' shares soaring 95 cents or 37.3 per cent to $3.50 in morning trading on the Toronto Stock Exchange.

A new exploration company will be created as part of the deal, with 90.1 per cent of its shares distributed to Canplats' shareholders at a value of 18 cents per share. The combined value of $3.60 per share represents a premium of about 41 per cent over Canplats' closing share price on Friday.

The Camino Rojo project, located about 50 kilometres southeast of Goldcorp's existing Penasquito mine, has measured and indicated resources of 3.4 million ounces of gold and 60.7 ounces of silver.

THE CANADIAN PRESS

## Lowes **Silver lining?**

MARK LENNIHAN/THE ASSOCIATED PRESS FILE PHOTO

Profit fell 30 per cent at Lowe's Cos. in the third quarter as customers in the United States continued to delay large purchases amid a weak economy. But the home-improvement retailer says some of the hardest hit home markets are stabilizing.

# Fort Hills oilsands project startup not until late 2015

**The very earliest at which crude will begin flowing out of the Fort Hills oilsands project will be late 2015, the chief executive of UTS Energy Corp. said yesterday.**

"You have to have some patience," Will Roach told analysts yesterday as he discussed his company's third-quarter results.

Suncor Energy Inc. is the operator of Fort Hills with a 60 per cent stake; UTS and Vancouver-based miner Teck Resources Ltd. evenly split the rest.

**"You have to have some patience."**
Will Roach, UTS CEO

On Friday, Suncor chief executive Rick George said moving ahead with Fort Hills would not be a priority in 2010, and expansions to its Firebag project would be first in the queue.

UTS anticipated its partner would make that decision, given that the Firebag is much further along in development than Fort Hills.

"We think it will take about a year to sort out the best way to develop Fort Hills," Roach said.

THE CANADIAN PRESS

## **Business** in brief

**BROKERAGE FEE** Bell Aliant Regional Communications Income Fund announced yesterday it is reoffering a program that allows holders of small numbers of units to sell without incurring brokerage fees. The program, running from Nov. 23 until Feb. 19, 2010, will apply to holders as of Nov. 13 of the equivalent of 99 or few units of Bell Aliant or predecessor companies. It will give Canadian holders of such units the opportunity to sell all of their units without incurring brokerage charges.

THE CANADIAN PRESS

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The TTC *Rack It and Rocket* program puts bike racks on buses so that cyclists can take their bikes with them – on 145 bus routes as of October 2009. You pay your regular fare, but your bike rides for free.

**Visit www.ttc.ca for more information:**
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- Map showing equipped routes near you
- *Rack It and Rocket* Instructional Video

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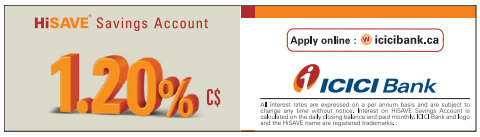
|---|---|---|---|---|---|---|---|---|---|
| 1.00% | 0.75% | 0.80% | 1.20% | 1.05% | 1.00% | 0.75% | 1.25% | 1.00% | 0.75% |

## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA




# Clear credit card debts

MoneyMatters

**Q I have thousands invested in shares. I also have a large balance on my credit cards but always make the minimum payment. I have read that it is important for me to pay off my credit cards first. Why? I would have no investments with this approach and therefore have little for retirement.**

**— Amir**

A Investing for your future is more than holding stocks. An investment objective should be to increase your net worth year over year but not lose sight of long-term goals.

You would increase net worth (assets less liabilities/debt) faster if you paid off debt before buying shares. Some critics may argue that buying shares could give better returns than the interest paid on the debt. That's a possibility, but "could" comes with unknowns and risk. Your returns are not guaranteed, as demonstrated by the past year. Paying down debt is a guaranteed increase in net worth. When you eliminate debt, you increase net worth and cash flow for future investment. Only then, look at buying into the market.

Debt elimination is not as colourful as forecasting the next oil or IT darling but it gives results.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

# Warranties yield gold

AlisonOnMoney

A couple of months ago I got fed up with the fraying and splitting rubber sleeve on the foaming wand of my Breville espresso machine and called up the manufacturer to complain. A sweet lady apologized and said she'd send a replacement out right away by courier. Free, no less.

That easy and satisfying solution got me thinking about all the times I've benefited from warranties, sometimes unexpectedly.

A few years back, I took my collection of Henckel knives into a free sharpening clinic. One of my favourites had the point broken off after some unauthorized workshop surgery done by my husband years earlier. Even though I confessed to my spouse's crime, the manufacturer's representative took one look at it, furrowed his brow as if the knife was at fault and said, "That shouldn't happen." Voilà, a brand new implement.

On another occasion we ordered a replacement for our Frigidaire fridge, by then a year or so past the warranty. When the repairman delivered it he noticed a crack on the plastic base of the fridge and said, "I think that that's a new fridge." We were stunned when a new one showed up a couple of weeks later. We had forgotten that there was a 20-year warranty on the liner.

Similarly, Obus Forme replaced the back and seat of a 10-year-old office chair. Again, we'd forgotten those parts carried a lifetime part guarantee.

Almost everything we buy, from vice grips to light bulbs, has some kind of guarantee attached and sometimes manufacturers will even replace items after the warranty has expired — you won't know until you ask. Yes, some manufacturers don't stand behind their product but my experience is that mostly they do, especially those located in Canada or the U.S. Mining your warranties can pay off in thousands of dollars of replacement items over the years.

Now, if I can just find the lifetime warranties on all the garden hoses I've bought over the years.

**Alison's Money Rule:**

- Product warranties are like gold nuggets buried in the ground — you just have to dig them up and put them to good use.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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(1) Subject to approved credit.

INFORMATION FEATURE

# Site offers guidance

RAFAEL BRUSILOW
for Metro Canada

**You wouldn't learn to drive without an instructor, so why invest your hard-earned money online without guidance?**

For many investors new to the self-directed investing world, the idea of taking command of their money can be in equal parts exciting and nerve-racking, since no one wants to make a mistake with their own hard-earned money, and the options can feel so overwhelming.

Jason Storsley, president and CEO of RBC Direct Investing, says the biggest hurdle direct investors face is gaining the confidence they need to feel like they can succeed.

"Being a self-directed investor is really about building confidence and ensuring the decisions you make are the right decisions for you," Storsley said.

Contrary to what the online investment world was like many years ago, a majority of online investors today are not sophisticated day traders but regular people looking to meet their own, varied financial goals with direct investing.

Many more first-time investors are going online every day, and Storsley says the overwhelming message they are projecting is that while they want to take control of their own investments, they don't want to be left out in the cold.

"What we're hearing from our investors is they do want to do this themselves but they don't want to do it by themselves — they're looking for some guidance," Storsley said.

Going it alone can be a daunting prospect for even the most seasoned investors so RBC offers a wealth of help and advice in its guidance and planning section on the main direct investing site. There, investors can get informed on all aspects of the investment world, starting with basic concepts and goals all the way up to advanced trading and investment strategies.

For newer investors, having a strong understanding of the investment process will give them a powerful foundation from which to build a successful investment strategy.

"You need to know things like, 'How do I start and how do I even set investment goals?'" Storsley said.

With the personalized learning section, you can create a learning plan that will be tailored to your specific needs and investment goals.

Savvy traders might want to learn about advanced equity and options trading and strategies, while newer investors might want to get a better grip on how mutual funds work.

Whatever your knowledge level, creating a personalized learning plan on the RBC Direct Investing site is a great way to put expert advice to work for you.

"It really is a place where an investor can develop a tailored learning plan that will be fitted to his or her individual needs and objectives," Storsley said.

Once you've grasped the knowledge you need, the next step is to determine just what kind of investor you are based on what your goals are.

Do you want to try to maximize your returns in a shorter period of time and can manage some risk, or are you looking to step in for the long term with less intense investments that provide steady growth?

How you see yourself, your needs and your investment objectives will be a strong determiner of what kind of investment strategy you should pursue.

"You need to think, 'Do I have goals that are short term or long term?' Your portfolio will look very different depending on your answer to that question," Storsley said.

Storsley says among RBC direct investors the three most popular investment objectives tend to be planning for retirement, saving for a home and trading for profit, and RBC Direct Investing offers investors learning and investment plans already set up to reach those goals.

For investors that are ready to implement their investment strategies but don't want to risk real money just yet, a practice account with RBC Direct Investing makes it easy to see the outcome of investment decisions without having to risk anything.

"You can evaluate your performance in a risk-free environment without putting your own money on the line," Storsley said.

If you think direct investing is right for you, make sure to use every resource you have at your disposal.

"Our clients are asking for guidance and tools more and more because more of our clients are getting interested in self-directed investing — and that takes guidance, careful planning and consideration," Storsley said.

## On the web

- For more on RBC Direct Investing, log on to rbcdirectinvesting.com.

Many online investors today are regular people looking to meet their own financial goals.

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**Mercedes buys Brawn GP**

Mercedes-Benz is taking over Formula One champion Brawn GP and plans to end its stake in McLaren. Mercedes-Benz said yesterday that Brawn would race in 2010 as the Mercedes GP team. THE ASSOCIATED PRESS

# Sports

## Rodman detained in Germany

**Former NBA star Dennis Rodman, left, was temporarily detained in Germany after a hotel said he skipped out on a $5,100 US hotel bill. Organizers of an exhibition game in the town of Trier had agreed to pick up the tab for Rodman's hotel, but not an additional $5,100 for beverages consumed at a party he held there. Rodman later paid the bill along with an additional $2,500 to dismiss possible legal proceedings.** THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

## NFL Browns fans protest

MARK DUNCAN/THE ASSOCIATED PRESS

Two Cleveland fans wear paper bags over their heads before last night's game between the Browns and the Baltimore Ravens last night in Cleveland. **For a compelte game recap, visit metronews.ca/sports**

# Power outage 'frustrating'

## Face of Leafs' struggles says team lacking on-ice chemistry

**NHL PREVIEW**

**Toronto** at **Ottawa**

TORONTO MAPLE LEAFS AT

**Sitting at his locker, in a quiet moment between practice and hustling to the airport for another road game, Toronto's Jason Blake admits this season "has been as frustrating as all hell."**

The winger, his pre-Toronto, 40-goal prowess a fading memory, has been a passenger on Toronto's death spiral to the depths of the NHL standings. Heightening the aggravation in his self-assessment is that, even at 36, his game hasn't changed, just the results.

His effort, desire and willingness to take punishment, in his mind, are still there. So are the shots on net — a whopping 61 — but success is almost non-existent both individually and for the team. Blake has just two goals in 18 games. The Leafs have just three wins.

"Chemistry is something formed over a period of time and we just haven't found it. Believe me, it's not fun," Blake said before the Leafs jetted to Ottawa for tonight's game against the Senators.

Jason Blake

"In a lot of games we do a lot of good things. But watch some of the games and we look like we're lost out there. Should our record be better? I mean, yeah, we think we've done a lot of good things … but in saying that, I think it's just important to be ready at the drop of the puck. We want to make the Air Canada Centre a tough place for people to come, not an easy place, a point-night type thing."

Blake, despite averaging 17 minutes a night while skating on the top two lines, has yet to score a goal 5-on-5 and he is, while not alone, representative of Toronto's inability to create offence apart from power-play situations.

Matt Stajan, the Leafs' off-and-on first-line centre, also does not have a goal at even strength. Mikhail Grabovski, the team's other top offensive centre, has just one. Veteran offensive wingers Niklas Hagman and Lee Stempniak have but two each.

With 25 goals 5-on-5, the Leafs have the lowest production in the league at even strength and it's destroying any hopes they harbour to make the post-season. It's one of the reasons they've given up the first goal in 16 of those 18 games and fallen behind 2-0 in nine of them.

If this Leafs team is indeed better than its record, which the players claim, and they don't want to write off the campaign before December, that has to change immediately.

TORSTAR NEWS SERVICE

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*Learn how to scan the barcode with the instructions at the top of pg 3*

## DeRo named to MLS Best XI, is first TFC player to receive honour

**SOCCER** Toronto FC midfielder Dwayne De Rosario has been named to the MLS Best XI, becoming the first Toronto player to earn the honour in the club's three seasons.

The annual award recognizes Major League Soccer's top 11 players at each individual position — a goalkeeper, three defenders, five midfielders and two forwards.

"It's a huge honour to be selected, and even more special this time around because I'm back home," De Rosario said in a release. "I know I have a lot of young fans, and any time I get recognized, I hope they use that as motivation to follow their dream of becoming a professional soccer player."

De Rosario, who earned the honour for the fourth time in his nine-year MLS career, becomes the first player to be named to the Best XI with three different clubs.

THE CANADIAN PRESS

## Raps in tough as they visit Denver

**NBA PREVIEW**

**Toronto** at **Denver**

RAPTORS AT DENVER NUGGETS

This is where dinosaurs go to die. More specifically, this is where Raptors go to die.

It may be the rarefied Colorado air, or maybe it's just the fact the Denver Nuggets are an extremely good basketball team, but there is no disputing this has been an unkind place for the Raptors.

Just ask Sam Mitchell. It's about three weeks short of a calendar year since the Raptors made their last foray to the Mile High City, an occasion that marked one of the team's worst performances in a while, the last game in the Mitchell era and the ascension of Jay Triano.

That 132-93 loss was the seventh largest points total ever given up by a Toronto team and the fourth-widest margin of defeat.

A year before that, the Raptors were spanked 137-105, the fifth greatest number of points they've ever surrendered, and they haven't won in Denver since December 2003.

TORSTAR NEWS SERVICE

## Sports in brief

**OVECHKIN** Two-time reigning league MVP Alex Ovechkin appears set to return from his injury layoff when the Washington Capitals visit the New York Rangers tonight.

**BASKETBALL** The Golden State Warriors have found a home for disgruntled guard Stephen Jackson, sending the guard to Charlotte in a four-player deal. The Bobcats announced yesterday they acquired Jackson and guard Acie Law for guard Raja Bell and forward Vladimir Radmanovic. METRO NEWS SERVICES

**Ronaldo back with Madrid**
Cristiano Ronaldo returned to regular training with Real Madrid yesterday as part of his recovery from a serious ankle injury. Ronaldo injured his right ankle Sept. 30 but hasn't played since aggravating the problem while playing for Portugal Oct. 10. THE ASSOCIATED PRESS

## NFL fines Titans owner $250K

**FOOTBALL** The NFL has fined Titans owner Bud Adams $250,000 US for making an obscene gesture at Buffalo fans while celebrating Tennessee's victory over the Bills.

Commissioner Roger Goodell notified Adams of the fine yesterday, and league spokesman Greg Aiello said it is for conduct detrimental to the NFL.

Adams was seen making the gesture while in his luxury suite and again on the field after Sunday's 41-17 victory.

Adams, 86, issued an apology a couple hours later, saying he got caught up in the excitement of the moment.

Goodell was at the game, after having breakfast with Adams. The league said Goodell left Adams' suite at the end of the third quarter and spent the fourth sitting with fans in the end zone before leaving the stadium.

THE ASSOCIATED PRESS

## Sports in brief

**BASEBALL** Florida Marlins outfielder Chris Coghlan is the National League Rookie of the Year, and Oakland Athletics closer Andrew Bailey is the AL winner. Coghlan edged Philadelphia Phillies pitcher J.A. Happ in a close race, while Bailey, an all-star in his first major league season, was selected first on 13 of 28 ballots and finished with 88 points.

THE ASSOCIATED PRESS

# Lesnar's career in jeopardy

**Ultimate Fighting heavyweight champion Brock Lesnar's fight career could be in jeopardy due to an intestinal illness that will require surgery, according to mixed martial arts impresario Dana White.**

White, president of the UFC, told the TMZ website yesterday that Lesnar was "very, very sick" with an intestinal disorder that will require surgery, and that he will try to get the beefy 32-year-old admitted to Minnesota's Mayo Clinic. White said Lesnar, who was diagnosed with mononucleosis earlier this month, collapsed a week ago while resting at his Canadian vacation property and has since been hospitalized.

JOHN LOCHER/THE ASSOCIATED PRESS

UFC fighter Brock Lesnar, pictured in a fight earlier this year, will require surgery for an intestinal disorder.

"There's a possibility Lesnar will never fight again," White told TMZ. Lesnar, who is six-foot-three and 265 pounds and has an outsized personality to match, has not been heard from for three weeks. He was to defend his heavyweight belt in January against Shane Carwin, but that bout, already rescheduled once before amid rumours that Lesnar had contracted the H1N1 virus, has again been put off.

"He's got mono and he's got something else wrong with him," White said Saturday after UFC 105 in England.

"I know what's wrong with him, he just doesn't want me talking about it. He doesn't have cancer or AIDS or anything like this, (but) he's got some problems, man."

**"I know what's wrong with him, he just doesn't want me talking about it. He doesn't have cancer or AIDS or anything like this, (but) he's got some problems, man."** UFC president Dana White

TORSTAR NEWS SERVICE

## SCOREBOARD

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|---|---|---|---|---|---|
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| d-Washington | 20 | 12 | 4 | 4 | 28 |
| d-Buffalo | 17 | 12 | 4 | 1 | 25 |
| Pittsburgh | 20 | 13 | 7 | 0 | 26 |
| N.Y. Rangers | 20 | 11 | 8 | 1 | 23 |
| Philadelphia | 16 | 10 | 5 | 1 | 21 |
| Atlanta | 17 | 10 | 6 | 1 | 21 |
| N.Y. Islanders | 20 | 7 | 6 | 7 | 21 |
| — | | | | | |
| Tampa Bay | 17 | 7 | 4 | 6 | 20 |
| Boston | 19 | 8 | 7 | 4 | 20 |
| Ottawa | 17 | 8 | 6 | 3 | 19 |
| Montreal | 20 | 9 | 11 | 0 | 18 |
| Florida | 17 | 7 | 9 | 1 | 15 |
| **TORONTO** | **18** | **3** | **10** | **5** | **11** |
| Carolina | 19 | 3 | 12 | 4 | 10 |

**WESTERN CONFERENCE**

| | GP | W | L | OL | PT |
|---|---|---|---|---|---|
| d-San Jose | 22 | 14 | 4 | 4 | 32 |
| d-Colorado | 20 | 12 | 5 | 3 | 27 |
| d-Chicago | 19 | 12 | 5 | 2 | 26 |
| Calgary | 18 | 12 | 4 | 2 | 26 |
| Los Angeles | 21 | 12 | 7 | 2 | 26 |
| Detroit | 18 | 10 | 5 | 3 | 23 |
| Columbus | 18 | 10 | 6 | 2 | 22 |
| Phoenix | 19 | 11 | 8 | 0 | 22 |
| — | | | | | |
| Dallas | 19 | 8 | 5 | 6 | 22 |
| Vancouver | 21 | 11 | 10 | 0 | 22 |
| Nashville | 18 | 9 | 8 | 1 | 19 |
| Edmonton | 20 | 8 | 10 | 2 | 18 |
| St. Louis | 18 | 6 | 8 | 4 | 16 |
| Minnesota | 20 | 7 | 11 | 2 | 16 |
| Anaheim | 18 | 6 | 9 | 3 | 15 |

YESTERDAY

N.Y. Islanders at Boston
New Jersey at Philadelphia
Edmonton at Columbus
Anaheim at Pittsburgh
Los Angeles at Florida
Tampa Bay at Phoenix

TODAY

**TORONTO** at Ottawa
Washington at N.Y. Rangers
Carolina at Montreal
San Jose at Nashville
Colorado at Calgary

d - division leaders ranked 1-2-3 regardless of points.

### NFL

**AFC**

**EAST**

| | W | L | T | PCT |
|---|---|---|---|---|
| New England | 6 | 3 | 0 | .667 |
| Miami | 4 | 5 | 0 | .444 |
| N.Y. Jets | 4 | 5 | 0 | .444 |
| Buffalo | 3 | 6 | 0 | .333 |

**SOUTH**

| | W | L | T | PCT |
|---|---|---|---|---|
| Indianapolis | 9 | 0 | 0 | 1.000 |
| Jacksonville | 5 | 4 | 0 | .556 |
| Houston | 5 | 4 | 0 | .556 |
| Tennessee | 3 | 6 | 0 | .333 |

**NORTH**

| | W | L | T | PCT |
|---|---|---|---|---|
| Cincinnati | 7 | 2 | 0 | .778 |
| Pittsburgh | 6 | 3 | 0 | .667 |
| Baltimore | 4 | 4 | 0 | .500 |
| Cleveland | 1 | 7 | 0 | .125 |

**WEST**

| | W | L | T | PCT |
|---|---|---|---|---|
| Denver | 6 | 3 | 0 | .667 |
| San Diego | 6 | 3 | 0 | .667 |
| Kansas City | 2 | 7 | 0 | .222 |
| Oakland | 2 | 7 | 0 | .222 |

**NFC**

**EAST**

| | W | L | T | PCT |
|---|---|---|---|---|
| Dallas | 6 | 3 | 0 | .667 |
| Philadelphia | 5 | 4 | 0 | .556 |
| N.Y. Giants | 5 | 4 | 0 | .556 |
| Washington | 3 | 6 | 0 | .333 |

**SOUTH**

| | W | L | T | PCT |
|---|---|---|---|---|
| New Orleans | 9 | 0 | 0 | 1.000 |
| Atlanta | 5 | 4 | 0 | .556 |
| Carolina | 4 | 5 | 0 | .444 |
| Tampa Bay | 1 | 8 | 0 | .111 |

**NORTH**

| | W | L | T | PCT |
|---|---|---|---|---|
| Minnesota | 8 | 1 | 0 | .889 |
| Green Bay | 5 | 4 | 0 | .556 |
| Chicago | 4 | 5 | 0 | .444 |
| Detroit | 1 | 8 | 0 | .111 |

**WEST**

| | W | L | T | PCT |
|---|---|---|---|---|
| Arizona | 6 | 3 | 0 | .667 |
| San Francisco | 4 | 5 | 0 | .444 |
| Seattle | 3 | 6 | 0 | .333 |
| St. Louis | 1 | 8 | 0 | .111 |

SUNDAY

Arizona 31 Seattle 20
Carolina 28 Atlanta 19
Cincinnati 18 Pittsburgh 12
Green Bay 17 Dallas 7
Jacksonville 24 N.Y. Jets 22
Kansas City 16 Oakland 10
Miami 25 Tampa Bay 23
Minnesota 27 Detroit 10
New Orleans 28 St. Louis 23
San Diego 31 Philadelphia 23
Tennessee 41 Buffalo 17
Washington 27 Denver 17
Indianapolis 35 New England 34

YESTERDAY

Baltimore at Cleveland

### NBA

**EASTERN CONFERENCE**

**ATLANTIC DIVISION**

| | W | L | PCT | GB |
|---|---|---|---|---|
| Boston | 8 | 3 | .727 | - |
| Toronto | 5 | 5 | .500 | 2.5 |
| Philadelphia | 4 | 6 | .400 | 3.5 |
| New York | 1 | 9 | .100 | 6.5 |
| New Jersey | 0 | 10 | .000 | 7.5 |

**SOUTHEAST DIVISION**

| | W | L | PCT | GB |
|---|---|---|---|---|
| Atlanta | 8 | 2 | .800 | - |
| Miami | 7 | 2 | .778 | .5 |
| Orlando | 7 | 3 | .700 | 1 |
| Charlotte | 3 | 6 | .333 | 4.5 |
| Washington | 2 | 7 | .222 | 5.5 |

**CENTRAL DIVISION**

| | W | L | PCT | GB |
|---|---|---|---|---|
| Milwaukee | 5 | 2 | .714 | .5 |
| Cleveland | 7 | 3 | .700 | - |
| Indiana | 4 | 3 | .571 | 1.5 |
| Chicago | 5 | 4 | .556 | 1.5 |
| Detroit | 5 | 5 | .500 | 2 |

**WESTERN CONFERENCE**

**SOUTHWEST DIVISION**

| | W | L | PCT | GB |
|---|---|---|---|---|
| Dallas | 7 | 3 | .700 | - |
| Houston | 6 | 4 | .600 | 1 |
| San Antonio | 4 | 4 | .500 | 2 |
| New Orleans | 3 | 8 | .273 | 4.5 |
| Memphis | 2 | 8 | .200 | 5 |

**NORTHWEST DIVISION**

| | W | L | PCT | GB |
|---|---|---|---|---|
| Portland | 8 | 3 | .727 | - |
| Denver | 7 | 3 | .700 | .5 |
| Oklahoma City | 5 | 5 | .500 | 2.5 |
| Utah | 4 | 6 | .400 | 3.5 |
| Minnesota | 1 | 10 | .091 | 7 |

**PACIFIC DIVISION**

| | W | L | PCT | GB |
|---|---|---|---|---|
| Phoenix | 9 | 2 | .818 | - |
| L.A. Lakers | 7 | 3 | .700 | 1.5 |
| Sacramento | 5 | 4 | .556 | 3 |
| L.A. Clippers | 4 | 7 | .364 | 5 |
| Golden State | 3 | 6 | .333 | 5 |

YESTERDAY

Charlotte at Orlando
Portland at Atlanta
Dallas at Milwaukee

TODAY

**TORONTO** at Denver
Golden State at Cleveland
Indiana at New Jersey
Oklahoma City at Miami
L.A. Clippers at New Orleans
Phoenix at Houston
Chicago at Sacramento
Detroit at L.A. Lakers

## MLS still looking to make Impact

**SOCCER** While the Montreal Impact may not have realized its dream of joining Major League Soccer in 2011, MLS commissioner Don Garber still sees the Canadian team as the league's next franchise.

"Today we believe that we're going to be a 20-team league," Garber said yesterday in his annual state of the league address. "We know we're going to have 18 teams in 2011 (with the addition of Vancouver and Portland).

"We've had productive conversations with Montreal to be our 19th team."

The Impact currently plays in the United Soccer Leagues. THE CANADIAN PRESS

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**University of Ottawa professor succumbs to swine flu**

University of Ottawa chemistry professor Keith Fagnou passed away in hospital last Wednesday of flu-related complications after contracting the H1N1 virus. Ottawa Public Health reports the 38-year-old had no known underlying medical conditions. METRO NEWS SERVICES

# Workology

## Strike coming for college profs?

College students in Ontario could face a strike in the new year if full-time faculty choose to protest the colleges imposing a new contract rather than discussing it at the bargaining table. Ontario Colleges announced last Thursday they will exercise a new right that allows them to introduce a new contract should talks with union break down. The union argues the colleges are refusing to bargain in good faith and they may have no alternative but to seek a strike mandate. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Curtain call for textbooks?

## Toronto school embraces technology by eschewing paper and going digital

JON TATTRIE
for Metro Canada

**A Toronto high school is ditching printed textbooks in favour of digital ones in a move the school head says will boost learning while saving money and the environment.**

Blyth Academy is ordering about 350 Sony Readers and loaning them to students for free. The touchscreen devices give students access to textbooks, outlines, assignments, reference materials, background reading and personal timetables. It will also hook them up with 500,000 free books via Google's Sony e-Bookstore, the school says.

"The digital content we've acquired, coupled with the students' Sony Readers, will dramatically improve student access to textbooks, collateral material, literature and reading in general," said Sam Blyth, chairman of Blyth Academy. "Our student survey shows that they are twice as likely to read a book available in an e-book format as in hard-copy form."

**It's just a much better way to learn."**
Sam Blyth, chairman of Blyth academy on the Sony Reader

The move will save each pupil about $700 a year on books and means they no longer have to lug a stack to and from school every day.

"Our students love the technology — they love reading off the electronic readers," Blyth says. "They're colourful, interactive, they've got audio, they've got visuals, they will stream video. It's just a much better way to learn."

The Readers are about the size of a big paperback and the writing looks like ink, but if a reader is stumped by a word the embedded Oxford English Dictionary will tell them what it means. Students can also highlight text and take notes via a touch keyboard or a stylus.

Students quickly spotted its potential green factor, too. "One student said to me, 'If every student in the country took their textbooks in an electronic form, it would save hundreds of thousands of acres of trees,'" Blyth says.

In the future, he's hoping to see real-time live tutoring, so if a math problem puzzles you, you can click a link and connect to a tutor 24-hours a day, seven days a week. The e-books will eventually be able to read to students, a big help for someone learning English or with learning difficulties.

"We're excited about how the Sony Reader can enhance a student's learning experience," says Tim Algate of Sony Canada. "We'll be listening to these students and using their feedback to evolve our Reader offering for education."

PHOTO SUBMITTED

Students at Blyth Academy will now have access to all their textbooks via their own Sony Reader.

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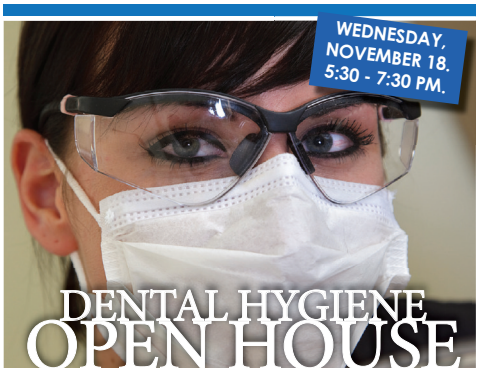


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**Loyalist College breaks ground for technology and trades centre**
Last week, Loyalist College held a groundbreaking ceremony for its Sustainable Skills, Technology and Life Sciences Centre, which received over $16 million from the Knowledge Infrastructure Program. METRO NEWS SERVICES

# Fitness fusion in Forest Hill

Small Business

MAT LECOMPTE
for Metro Canada

**Fusion is a word we often hear in reference to food, music, clothing and a plethora of other things. One thing we often don't associate with fusion, however, is fitness — but that may change.**

Larry Track, owner of Track Fitness in Forest Hill Village, has dedicated his life to studying and practising various fitness training techniques. He's travelled across North America and spent time training and learning in some of the most innovative fitness hubs in the world. Now, he's come up with an innovative new training technique he calls Circuit 60.

"I came up with this idea over time," he said. "During my travels through New York and Los Angeles, I saw what was going on and pieced it together to come up with something everybody can use."

Track's Circuit 60 training program is something that is beneficial for those interested in embarking on a new, active lifestyle, right up to fitness freaks who are looking for new ways to push their body to the limits.

The program is a 60-minute nonstop workout that incorporates cardiovascular activity with various exercises. Exercises include work with weights, ropes, elastics and even your own body to produce a well-rounded workout. What makes it neat is that no two workouts will ever be the same.

"Every time you walk in, you don't know what you're going to get," said Track. "Muscle memory can't kick in with this."

Regardless of your fitness level, Track says he and his team can accommodate anyone to produce maximum results. When people sign up for the program they do so either as walkers, joggers or runners, which allows for different intensity levels that are geared towards individual needs.

PHOTOS SUBMITTED

Track Fitness' Circuit 60 workout is never the same twice.

Circuit 60 is just one of the programs Track offers at his 4,000 square-foot facility. He also offers spin classes, weight training, dietary advice, health food options and a number of other services that all go towards promoting a healthy lifestyle.

Track doesn't allow people to come in and use the weights on their own; every workout must be done with a trainer. This helps to keep things moving quickly, while giving customers exactly what they're looking for from their workout. It's especially accommodating to people who may be intimidated by a bigger, warehouse-style gym.

"I love those gyms," says Track. "There's a great energy. But if you don't know what you're doing, you're lost."

The philosophy at the studio is to keep it simple: Treadmills, weights and spin classes. Track doesn't want to get on some fitness trend that is here today and gone tomorrow. He says by fusing the most simple and basic exercise tools, he's come up with a revolutionary training program that is unique to his studio.

## More info

- For more information contact Track Fitness at 416-481-7872 or info@trackfitness.com.

## Workology in brief

**MILLIONS FOR ABORIGINAL TRAINING IN QUEBEC** The federal government announced Friday that it is providing 510 Aboriginal people with the opportunity to gain experience and training in the construction industry through a new partnership with the Consortium for Aboriginal Training in Construction in Quebec. Supported by Ottawa, in partnership with the Quebec government and Aboriginal and private partners, the program will receive a joint investment of $18.3 million. Program participants will receive guidance and mentoring on intercultural relationships, personal problem solving, and integration into the workforce.

**EXPANSION FOR P.E.I.'S HOLLAND COLLEGE?** In its throne speech last Thursday and according to the Charlottetown Guardian, the Prince Edward Island government announced that with its support, Holland College will initiate a new Regional Training Centre in West Prince that offers a number of programs to meet the social and economic needs of the region. The throne speech also mentions the province will invest $2.5 million to launch a Community Internship Program to create 150 internships in community and not-for-profit organizations to help youth gain relevant work experience on the Island.

**UALBERTA GOES FOR SUSTAINABILITY** A new urban village with electric vehicles, water recycling, and energy derived from biomass are elements of a "deep green" vision for the University of Alberta's south campus, as proposed by a panel of experts from a U.S.-based think-tank. To leverage uAlberta's deep research capacity, the panel suggested establishing this "sustainability centre." METRO NEWS SERVICES

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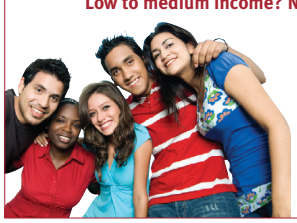

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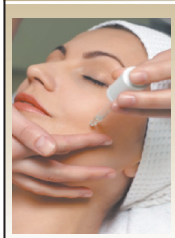

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# If you do one thing really well...

MAT LECOMPTE
for Metro Canada

**What's in a name? It's a tough answer. But if one thing is guaranteed, it's a lot more than a grouping of letters.**

For instance, there are numerous colleges and universities across the country offering programs with similar titles. Not all of them, however, can offer the same opportunities. The Ontario Agriculture College (OAC) at the University of Guelph, for example, is a leader in its field. The same can be said for Sheridan College's Bachelor of Applied Arts — Animation program and Georgian College's Canadian Automotive Institute (CAI).

Each of these programs has built a name over the years as being the best in its area of expertise. They've done it in similar fashion by offering rich histories, a knack for innovation and by building relationships with industry leaders.

Robert Gordon, Dean of the OAC points to the 130 year history and 30,000 alumni that have given his school the foundation to be so highly touted. But, he says, as important as it is to embrace the programs rich history, it's key the main focus be on innovation.

"It's essential we always be thinking several years ahead," he told Metro. "We try to evolve from an educational perspective and also with how we provide services to our stakeholders. We are never satisfied with where we are."

One new area the school is exploring is bio-manufacturing, which is the creation of various products — like furniture and car parts — out of plants.

Sheridan's Bachelor of Applied Arts — Animation program and the CAI strive to be at the forefront of preparing students for new innovations. They do this by building close relationships with industry leaders. By learning where the industry is headed, and they can come up with innovative areas for exploration. It is the job of people like Gordon and Angela Stukator, Associate Dean of Animation at Sheridan, to work with industry leaders to champion new ideas for the future.

**"Our grads get jobs. They're in demand."**
Jennifer Sheremeto of the Georgian College's Canadian Automotive institute

"We are constantly integrating new technology into the program," said Stukator. "We don't just keep doing the same things. We're very dynamic. Every year something new is developed."

For example, the program recently received funding from Toronto animation studio Cuppa Coffee to build a new stop-animation studio. Sheridan also holds strong ties with major animation studios like Dreamworks and Pixar. In fact, representatives from studios all over the world fly in to watch students' films once a year.

By receiving guidance from major players, the schools are ready to prepare students with the most current and innovative courses possible. The CAI has members from most major auto producers sitting on its board of directors, companies like GM, BMW, Volkswagen and Toyota all help to guide the curriculum, trends and innovations found in the program. Jennifer Sheremeto, marketing specialist at CAI, says the program is critiqued by the industry to ensure it is prepared for the future.

These programs have produced Academy Award winners, leaders in agricultural advancement, and the decision makers behind one of North America's biggest industries. As Sheremoto explains, "our grads get jobs. They're in demand."

Sheridan is well known for its art programs, including the highly touted Bachelor of Applied Arts — Animation.

## Excelling ahead

- Here is a list of other highly-regarded college and university programs in Ontario:
- Centennial College – Automotive Technician Programs (Centennial has a number of highly regarded programs focused on the technical side of the automotive business).
- University of Guelph: Ontario Veterinary College
- University of Waterloo: Computer Science and Engineering
- Ryerson University: Journalism
- Schulich (at York): Business
- La Salle College: Fashion Design
- Stratford Chef School: Chef
- George Brown College: School of Design

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**More on generation X's quandary**

"It's so annoying," says Lisa Chamberlain, a gen-Xer who wrote the book Slackonomics: Generation X in the Age of Creative Destruction. "First, it was always the baby boomers overshadowing everything. Now it's, 'What are the new kids doing?'" THE CANADIAN PRESS

# Recession intensifies generation X's plight

**They're antsy and edgy, tired of waiting for promotion opportunities at work as their elders put off retirement. A good number of them are just waiting for the economy to pick up so they can hop to the next job, find something more fulfilling and get what they think they deserve. They want work-life balance, too.**

Sounds like generation Y, the so-called "entitlement generation," right?

Not necessarily, say people who track the generations. In these hard times, they're also hearing strong rumblings of discontent from generation X. They're the 32- to 44-year-olds who are wedged between baby boomers and their children, often feeling like forgotten middle siblings — and increasingly restless at work as a result.

"All of a sudden, we've gone from being the young upstarts to being the curmudgeons," says Bruce Tulgan, a generational consultant who has written books about various age groups, including his fellow gen-Xers.

This isn't the first time gen-Xers have faced tough times. They came of age during a recession and survived the dot-com bust of 2000. In recent years, though, more members of the generation — stereotyped early on as jaded individualists — had families or began settling down in other ways. It was time, they thought, to enjoy the rewards of paying some dues.

"We were starting to buy into the system, at least to some extent," Tulgan says, "and then we got the rug pulled out from under us."

Now, in this latest recession, nearly two-thirds of baby boomer workers, ages 50 to 61, say they might have to push back their retirement, according to a recent survey from Pew Research.

Meanwhile, on the other end of the age spectrum are gen-Yers, who are often cheaper to hire and heralded for their coveted high-tech knowledge, even though many gen-Xers consider themselves just as technologically savvy.

**"We were starting to buy into the system ... and then we got the rug pulled out from under us."**
Generational expert Bruce Tulgan on generation X

They can sound a little whiny. But there's also some evidence that gen-Xers really are being taken for granted at work.

One survey done this year for Deloitte Consulting LLP, for instance, found that nearly two-thirds of executives at large companies were most concerned about losing gen-Y employees, while less than half of them had similar concerns about losing gen-Xers.

THE CANADIAN PRESS

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# Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

# Chock full of charm

## Pandora's Makeup Box strikes a lighthearted note

Left, custom palette: Empty compact, $10; eye shadow and blush, $14 each. Below, powder blush, $18.

GEOFF GEORGE (PRODUCT IMAGES)

Left, powder blush in Misty Pink, $18, is Kirsch's choice for women who like just a hint of cheek colour. Below left, Powder blush in Pout, $18, is a fresh pop of pink for all skintones, says Kirsch.

Lipstick in Sexy, $16

Lip gloss in Ciao, above, and Great, left; $16 each.

DOUG STURGEON/ECLIPSE PHOTOGRAPHY

Susan Kirsch, creator of Pandora's Makeup Box.

**JANINE FALCON**
for Metro Canada

**A new Canadian line of colour cosmetics is aiming to make a charming beauty impression with cheerfully feminine eco-responsible packaging, a wearable palette of hues and high-pigment formulas.**

"I wanted it to be a happy line," says Pandora's Makeup Box creator Susan Kirsch, a successful makeup artist for 25 years and owner of Kirsch Cosmetic Studio in Toronto. "Why does makeup packaging have to be black?"

As well as pretty packaging, reducing potential waste was a key concern for Kirsch. Recyclable lipstick and gloss boxes have a plastic-free cutout window through which to see product shades.

Durable magnetized cardboard palettes are designed to outlast the pans of powder so they can be refilled and reused. The cardboard itself is composed of recycled materials and printed with soy ink, which is less environmentally stressful than regular ink and facilitates easier recycling.

**"I wanted it to be a happy line. Why does makeup packaging have to be black?"**
Susan Kirsch, Pandora's Makeup Box creator

And rather than enclose the compacts in boxes or shrinkwrap for shipping, Kirsch went for snug-fit removeable and recyclable cardboard bands.

Kirsch also considers waste at a manufacturing level. "I chose to work with a small lab so I could produce smaller batches of makeup," she says. "I wanted to reduce the chances of product sitting around on shelves until they expire."

When it came to creating her makeup shades, Kirsch took her diverse clientele into account. A blush pink lipstick called Sweet is appropriate for her young Bat Mitzvah clients; bolder shades such as Beautiful, Flushed and So Real are designed for more mature women. XOXO, a peachy-pink gloss, is for women who usually can't wear pink because the natural undertone in their lips is too blue.

Great is her only sheer gloss, a transparent red for women too shy for bold red lips. And a gloss called Ciao, which Kirsch admits looks strange in the tube, actually looks great on Asian faces because it works with the acidity in their skin.

"I have acidity issues myself — some colours turn really pink on my lips," says Kirsch. "I wear a peach-gold lipstick called Sexy with a gloss called Soft, a flattering nude shade I can also wear by itself."

Value was another important concern. Each disk of powder eye shadow or blush contains 4 grams, a generous amount for $18 each, or $14 each when composing an eye-and-cheek palette. "I used the same pan size for shadow and blush to make it easy to mix and match in the same compact," says Kirsch. And the highly pigmented formulas means the makeup wears well, and overall lasts the client a long time: she needs only a little to achieve a compliments-please finish.

• Pandora's Makeup Box is available at Murale, murale.ca, and via PandorasMakeupBox.com.

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**Prostate cancer study**
A long-term study has found that men with low-grade, slow-growing prostate cancer who are managed with "active surveillance" and no radical treatment have an extremely high survival rate. THE CANADIAN PRESS

# Virtual fitness: Keeping realism in mind

## Online service tries to plan exercise that accommodates women's lifestyles

ROMINA McGUINNESS
Metro World NEws

**A brand of fitness programs dubbed Iamsuperchick.com may sound like it's meant for hardcore workout addicts — and the photo of its creators may look impossibly glam — but its actually aiming to take the intimidation out of exercise.**

Georgie Thompson, a U.K. television presenter who founded the service along with personal trainer Cat Dungale, acknowledges that plenty of women would rather sit on the couch cradling a glass of wine in one hand and peanuts in the other than train.

"Women won't stick to an unrealistic training program, no matter how committed they are," she says.

"We offer an alternative: Online programs and home videos they can fit into their hectic lifestyles. The reason Cat and I created iamsuperchick.com was to help women who enjoy fitness but are too intimidated by it."

ROB MATTHEWS

Iamsuperchick.com founders Georgie Thompson, left, and Cat Dungale.

Indeed, from the Yummy Mummy to the Fight Club workout, the website caters to a variety of lifestyles. "If we're going to put ourselves out there as a female fitness brand which responds to the demands of women, it must be reflected in the service," explains Thompson.

Whether you use a can of food as weights or choose to do lunges while vacuuming, Thompson and Dungale want to inspire you to get fit on your own turf. "Using what you have lying around the house and turning your front room into a gym is part of our credit-crunch appeal," Thompson says.

"Fitness should be more light-hearted, not about fancy equipment or spending a fortune on personal trainers."

"We make exercise fun. We have an alcohol calculator, interactive training diary and fitness assessment charts as well as Motivation Monday, where we send members an electronic cupcake. When you operate an online business it's important to connect in a more personal way and Motivation Monday is one way we do that."

### Georgie's fitness tips

- Balance your cardio with your cocktails: "It's so important in life to have a balance of all things," says Georgie Thompson, co-founder of Iamsuperchick.com
- Best hangover cure: "A run."
- Iamsuperchick's best tool: "The fitness assessment chart, it's a pleasure to monitor your own progress and keeps you focused on the task in hand."
- Word of advice: "It's important to not be too ambitious with your training. If you stick to realistic goals, then the likelihood is you may actually achieve them."
- For more information visit Iamsuperchick.com.

# STDs are still on the rise: U.S. officials

**SEXUAL HEALTH** Sexually spread diseases continue to rise, with reported chlamydia cases setting yet another record in 2008, government health officials in the U.S. said yesterday.

Last year there were 1.2 million new cases of chlamydia, a sometimes symptomless infection that can lead to infertility in women. It was the most ever reported, up from the old record of 1.1 million cases in 2007.

Better screening is the most likely reason, said Dr. John Douglas Jr. of the U.S. Centers for Disease Control and Prevention.

Syphilis, on the verge of being eliminated in the United States about 10 years ago, also has been increasing lately. About 13,500 cases of the most contagious form of the disease were reported in 2008, up from about 11,500 the year before.

Unlike chlamydia, health officials think syphilis cases actually are increasing. Syphilis rates are up among both gay men and heterosexuals, said Douglas, director of the CDC's Division of STD Prevention.

Syphilis can kill if untreated, but chlamydia is not life-threatening. Neither is gonorrhea, which seems to have plateaued in recent years. Gonorrhea cases dropped to about 337,000 cases in 2008, down from about 356,000 cases.

Girls, ages 15 through 19, had the largest reported number of chlamydia and gonorrhea cases, accounting for more than one in four of those cases. But they're often screened more than other people, since 1993 federal recommendations that emphasize testing for sexually active women age 25 and under.

The government estimates there are roughly 19 million new cases of sexually transmitted disease annually. Experts say the most common is HPV, human papillomavirus, which can cause genital warts, cervical cancer and other cancers.

The government doesn't ask doctors to report every HPV case, but estimates the virus causes 6.2 million new cases each year. That is an old estimate, based on data from 2000, before a vaccine against some types of HPV came on the market in 2006.

The CDC estimates there are 1.6 million new cases of genital herpes each year, but that too is an old estimate for a non-reportable disease. The agency also estimates there about 56,000 new cases of HIV each year.

THE ASSOCIATED PRESS

### More online

- To see the CDC report, visit cdc.gov/std/stats.

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**Please pass the Kryptonite**

Canadian researchers have pioneered a new way to mend a patient's breastbone after open-heart surgery, using a state-of-the-art adhesive called Kryptonite that cuts healing time and reduces pain. THE CANADIAN PRESS

# New guide helps in talking to aging parents

**RESOURCES** A new web guide released yesterday aims to assist baby boomers initiate difficult conversations with their aging parents about health and mobility issues.

The kit, available at bcit.ca/mobility, was put together by Christine Flegal, a gerontologist in the Living Laboratory at the B.C. Institute of Technology. The site also has links to a Facebook group on the topic and is on Twitter at twitter.com/ToughConvos.

As adult children living in other cities head home for the holidays, it's an ideal opportunity to see how aging parents are doing, and observe whether they're having more difficulty getting around and remaining steady on their feet. And, says Flegal, it's a time to initiate discussions about what's going on, with persistence and compassion.

"It's not an easy conversation. The kids don't want to have it. The parents certainly don't want to have it. So there's this big denial bubble over everybody. So the kids have to be persistent and ongoing with the discussion, regardless of how frustrating, sad, uncomfortable it is."

An Ipsos Reid telephone poll commissioned by the institute found 79 per cent of boomers surveyed said their parents' physical health was an important concern. Six out of 10 were concerned about how their parents will get around on their own or who will care for them. THE CANADIAN PRESS

# Vampire mania: It's all about sex

The J Spot

metronews.ca/thejspot

There's still time to get your New Moon duvet cover or your Bite Me Edward tote bag before Friday, which is the official release date of the much-anticipated second installment in the Twilight series, The Twilight Saga: New Moon.

Unless you've been hiding in a bat cave, you'll likely have noticed that vampires are hot these days. The television drama True Blood is HBO's most popular series since The Sopranos and Sex and the City. The CW's The Vampire Diaries is becoming equally popular. And, depending on your sources, as many as 33 vampire movies were produced in 2008/2009.

So what's got us all so bloodthirsty? Some would say it's all about sex. In fact, True Blood creator Alan Ball has been quoted as saying that vampires are a metaphor for sex. Certainly, the whole seductive, neck-biting, blood-sucking thing has a not-so-subtle sexual undertone; but when Bram Stoker brought the vampire to the masses in 1897, his novel Dracula was also a thinly vampire-cloaked metaphor for the repressed and conservative sexual mores of the time.

Giving into the count's temptation turned women into dangerous seductresses, the opposite of the unrealistic Victorian ideal of women as virgins or mothers.

Unlike the brutish, macho vampires of yesteryear, today's young vampires reflect a more modern young man. Sort of like Vampire Metrosexuals, they're sensitive, pretty boys with tortured souls and perfectly mussed hair.

But today's vampire tales still seem to act as a metaphor for society's sexual mores and some of them haven't changed much.

Just as with Stoker's Dracula, there is still an underlying message that a woman who gives in to her sexual urges will be punished. While human Bella wants to do it, despite undead Edward's reluctance, she also knows that having sex with him could unleash his bloodlust, with dire consequences for her.

Edward's insistence that they wait certainly reflects the current, conservative preaching to young people to practise abstinence. But, just as in Victorian days, vampire fiction doesn't always reflect mortal reality.

As Robert Pattinson, the actor who plays Edward, put it in a recent interview: "I think it's hilarious that everyone, especially parents, are saying it's about abstinence and they're really pleased their kids are reading it (the movies are based on a book series). And yet so many people who are reading the books are thinking" I want them to have sex! I want them to make me want to have sex!"

- I'm looking for intimate stories from couples for my next book. For details about what I'm looking for and how to submit, visit my Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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# DON'T LET DRY SKIN FORCE YOU INTO HIBERNATION

## Tips and suggestions for protecting your skin this winter

*Dr. Kucy Pon*

November is a month of transition. Cold, dry winds replace mild autumn temperatures, winter wardrobes are pulled out of storage and darkness emerges before the end of the workday. This adjustment can be trying, but it's not without its benefits – there's sexy boots to pull on, winter hats to cover bad hair days and holiday lights to hang up. That said Canadian winters are tough. Shorter days, colder nights, lack of sunlight and, let's not forget, the return of dry, itchy, flaky skin.

We might complain about the humidity in summer but at least it keeps our skin moist. Not so with Old Man Winter, whose low temperatures and biting winds can strip away the natural oils that coat and protect our skin's surface. Once the surface layer is compromised, skin can no longer retain its moisture. As a result, skin on the face and body tends to be in worse condition during the winter months than at other times of the year.

### WHAT DOES WINTER SKIN LOOK LIKE?

Dry, itchy skin can appear anywhere on the body; but hands, arms, lower legs, elbows, back and abdomen are the most common areas. Often it feels like our skin is tightened (but not in a good way) or annoyingly itchy, but on some people, dry skin can be noticeable and very problematic.

In extreme cases, dry skin can lead to inflammation of the skin which can manifest as redness, swelling, crusting, weeping, cracks and fissures. These open cracks and fissures can lead to skin infection.

### RELIEF IS IN SIGHT

So how do we combat dry, winter skin? Well, unfortunately, many of our coping strategies for harsh weather only make things worse. "In the winter, we tend to turn up the heat and take long baths or hot showers to warm ourselves up," says Dr. Kucy Pon, dermatologist and consultant to Olay. "While these activities might feel good, they can actually dehydrate the skin and wash away essential oils."

But don't fret. There's good news. Because the majority of factors that lead to dry skin are external and controllable, with care and attention, they can be treated and prevented.
According to Dr. Pon, the number one thing women can do to prevent dry winter skin is to use a good moisturizer. "A moisturizer has an immediate effect in terms of making surface skin feel better but it also performs several important functions, stresses Dr. Pon. "It enables lost water to be replaced, and then helps to keep it in the skin by the humectants it contains."

> 'The number one thing Canadians can do to prevent dry winter skin is to use a good moisturizer that relieves dry skin quickly'

This winter give your skin the clinical treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin andVitamin E, Quench Advanced Relief is non-greasy and fragrance-free.

## Dr. Pon's winter skin survival tips

Don't let dry skin force you into hibernation. Dr. Kucy Pon, dermatologist and consultant to Olay, shares her insider tips for keeping itchy, flaky skin at bay this winter.

### 1. MOISTURIZE DAMP SKIN

How you use a moisturizing lotion is as important as using the lotion itself. Optimum results come from applying lotion to damp skin which will help trap and seal in moisture. Moisturizing as soon as you step out of the shower is ideal.

### 2. PAY ATTENTION TO YOUR HANDS

While it's important to wash your hands to help prevent illness, soap and hand sanitizers can strip essential oils from the skin. Keep a hand lotion close by to replenish moisture.

### 3. CREATE AN OASIS

Put some moisture back into the air by using a humidifier in your home or office. It will counteract the drying effects of indoor heat.

### 4. DRINK LOTS OF WATER

Increase your body's natural moisture level by staying hydrated throughout the day.

### 5. KEEP WRAPPED UP

Dress for the season and try to limit your skin's exposure to harsh temperatures and damaging winds.

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**Mumps outbreak in Quebec**

Quebec is experiencing a mild outbreak of the mumps, a viral infection characterized by fever and inflammation of the salivary glands. Fifteen cases have been reported in the province so far. Mumps is usually prevented by a routine childhood vaccination. THE CANADIAN PRESS

## Low-fat diets may be better for mood

**NUTRITION** It's an age-old question for dieters: Low fat or low carb? Well, they can both result in equal weight loss. But people on low-fat diets aren't as susceptible to hostility, depression and bad moods as people on low-carbohydrate diets, according to an Australian study. The study involved 106 overweight and obese adults, who successfully dieted for one year. People in both groups lost an average of 30 pounds and were pleased with this. But at the one-year mark, they were clinically assessed for anger/hostility, confusion/bewilderment and depression/dejection. The low-carb dieters fared worse on these measures. The researchers guessed that low-carb diets are harder to stick to because they are further removed from typical Western food habits. Perhaps that's why they take more of a mental toll. CELIA MILNE/ FOR METRO CANADA

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# Military suicide rates rising

CELIA MILNE
for Metro Canada

**Just as sales of Call of Duty: Modern Warfare 2 reach a fever pitch among video game enthusiasts, so the rates of suicide in the Canadian and U.S. military are rising.**

MURRAY BREWSTER/THE CANADIAN PRESS

In this file photo, two Canadian soldiers are shown on duty in Afghanistan. Many soldiers who return home from war suffer from post-traumatic stress disorder, depression, high-risk drinking and suicidal tendencies.

Last year, the U.S. Army's suicide rate was higher than that of the general population for the first time since the Vietnam war, a fact one of Canada's leading experts in mental health finds "disturbing." The military suicide rate grew to 20.2 per 100,000 people from 12.7 per 100,000 in 2005. Another dramatic figure: the suicide rate among U.S. veterans aged 20 to 24 was four times higher than non-veterans of that age.

In Canada, the suicide rate is even higher, and has risen more dramatically: it was 18.75 per 100,000 in 2005, and grew to 23.37 in 2008.

Imagine the anguish of Private Frédéric Couture from Quebec, who committed suicide a year after returning from Afghanistan. While there, he had stepped on an explosive device, and later had his left foot amputated. He had reportedly attempted suicide before.

Many soldiers who return home from war suffer from post-traumatic stress disorder, depression, high-risk drinking and suicidal tendencies.

"Death by suicide is often preceded by severe bouts of depression," says Dr. Anthony Phillips, Scientific Director of the CIHR-IRSC Institute of Neurosciences, Mental Health and Addiction at University of British Columbia in Vancouver. Depression can be treated effectively by both medication and cognitive/behavioural therapies, he adds.

The challenge is to remove the stigma associated with mental ill health and to encourage military personnel to seek professional help.

"Contrary to popular belief, mental ill health can be treated just as effectively as many other health challenges," he says. "What is needed are the resources and personnel to provide the necessary clinical care."

The good news is that understanding and preventing suicide is very high on the radar screens of both the Canadian and U.S. military.

"There are very encouraging signs that the current leadership within the Canadian Armed Forces, from the Minister of Defence to High Command, are beginning to recognize and address the many mental health problems that affect the men and women in our Armed Forces, along with members of their families," says Dr. Phillips.

In the U.S., the Army and the National Institute of Mental Health recently announced they would conduct a five-year, $50 million effort to better identify the factors that cause some soldiers to commit suicide.

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**The hat of happiness**

A 22-year-old female U.S. engineering student has invented what she calls a Happiness Hat: It sits comfortably on your head when you smile, but pinches you when you frown. METRO WORLD NEWS

## Beauty picks: Bumble & Bumble Deeep

Bumble & Bumble's Deep is the conditioner to grab when you've had a few too many colour treatments and blow dries. The treatment is a hydrating formula of sunflower seed oil, soy protein, wheat protein and vitamin B5 that works to smooth hair and repair damage. Bonus: The passion flower fruit juice leaves your locks smelling nice. Available for $25 US at bumbleandbumble.com.

KENYA HUNT/ METRO WORLD NEWS

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# Trudi Styler, yoga devotee

ELISABETH BRAW
Metro World NEws

**From Trudie Styler's CV: Famous actress and producer. Pioneering environmental activist and rain-forest supporter. Introduced Madonna to Guy Ritchie.**

All very impressive — but most people know Styler as the world's most famous rocker-wife. Styler married Sting in 1992, though they've been together since 1982.

This week Styler unveils her latest project, a fitness program. Her Warrior Yoga, developed with celebrity fitness trainer James D'Silva, blends yoga, Pilates and ballet with traditional exercises. The three DVDs, with background music by — you guessed it — Sting, were recorded at the couple's Tuscan villa. A percentage of profits from the DVDs will go towards the UNICEF Ecuador Water Project. Styler launched the initiative following several trips to Ecuador to film the documentary Crude.

Trudi Styler has launched a fitness program, Her Warrior Yoga.

**Q How do you stay in shape?**

**A** Yoga, of course! Exercise has always been an important part of my life. As a girl, I loved my ballet classes. Later on, I was captain of my school's hockey team, and in drama school I danced jazz ballet. But after giving birth to Coco (Styler and Sting's third child) I was introduced to yoga, and that started my 20-year love affair with yoga.

**Q What's different about your fitness regime?**

**A** It's based on warrior yoga, which is inspired by martial arts. We have 25-minute and 45-minute sessions that are invigorating and don't leave you feeling like a wreck. This regime is great especially for women who are used to multi-tasking and want a physical challenge, but not competitive sports. It's actually very relaxing.

**Q You don't look your age. Is it important for women to look younger than they are?**

**A** If you feel younger you'll look younger. If you have a good workout and add good nutrition to that, you have a good vehicle for your journey through life.

Beauty is about more than cosmetics and Botox; you have to approach your body holistically. You can't put crap in your body and think that you'll feel great. I love a piece of chocolate cake every now and then, but sugar is nobody's friend.

**Q What's the secret to a long and loving marriage?**

**A** I don't know what the secret is, but Sting and I laugh at the same things, we're good friends, and we're honest with each other.

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**Women still cook more**
According to an Associated Press-iVillage Food poll, women are still doing more of the cooking. Just 51 per cent of men said they make a home-cooked meal at least sometimes, compared with 71 per cent of women. THE ASSOCIATED PRESS

# Food

## 'Love dessert' contains Viagra

**A Colombian cooking school has concocted a "love dessert" made with passion fruit — and Viagra. Student chefs at the state culinary school in Quindio province wouldn't give the complete ingredients but say it contains the active ingredient in Viagra. The pudding-like dessert is garnished with whipped cream and chocolate, and served in a parfait glass. The dessert is, of course, not for sale as Viagra is a prescription drug.** THE ASSOCIATED PRESS

Canadian Living magazine is on sale now!

## Canadian Living recipe of the month

# A low-fat weeknight meal option

EDWARD POND

Broiled trout with warm lentil salad from Canadian Living.

### Broiled Trout with Warm Lentil Salad

**SERVES 4**
**PREP TIME: 6 MINUTES**
**COOK TIME: 30 MINUTES**

**INGREDIENTS:**
- 1/2 tsp each ground coriander and cumin (2 mL)
- 1/4 tsp each cayenne pepper and salt (1 mL)
- 2 skinless trout fillets (750 g)
- 2 lemon wedges

Warm Lentil Salad:
- 3 Tbsp olive oil (45 mL)
- 1 cup diced leek (white and light green parts only, 250 mL)
- 1/2 cup each diced celery and carrot (125 mL)
- 1 clove garlic, minced
- 1 1/2 tsp each ground coriander, cumin and salt (2 mL)
- 1 cup dried green lentils (250 mL)
- 1/4 cup minced fresh celery leaves and/or (50 mL)
- coriander leaves
- 3 Tbsp lemon juice (45 mL)

**METHOD:**
1. Warm Lentil Salad: In large saucepan, heat 1 tbsp (15 mL) of the oil over medium heat; cook leek, celery, carrot, garlic, coriander, cumin and salt until softened, about 5 minutes.
2. Stir in 3 cups (750 mL) water; cover and bring to boil. Add lentils; reduce heat and simmer until tender, 25 to 30 minutes. Drain and transfer to bowl. Add remaining oil, celery leaves and lemon juice; toss to combine.
3. Meanwhile, in small bowl, combine coriander, cumin, cayenne and salt; rub over top of trout fillets. Broil on greased baking sheet until fish flakes easily when tested, 6 to 8 minutes. Serve with lemon wedges and salad.

Per serving: about 499 cal, 46 g pro, 21 g total fat (4 g sat. fat), 34 g carb, 7 g fibre, 90 mg chol, 516 mg sodium, 1,233 mg potassium.

### Gingersnap Cookies

**MAKES ABOUT 48 COOKIES**

For gluten-free baking, we use Bob's Red Mill Gluten-Free All-Purpose Baking Flour. Look for it in health food stores or the organic section of grocery stores.

**A gluten- and nut-free dessert**

**INGREDIENTS:**
- 1/3 cup unsalted butter, softened (75 mL)
- 1 1/3 cups granulated sugar (325 mL)
- 1 egg
- 1/4 cup fancy molasses (50 mL)
- 2 1/2 cups gluten-free all-purpose baking flour (625 mL)
- 1 1/2 tsp ground ginger (7 mL)
- 1 tsp baking soda (5 mL)
- 1 tsp each ground cloves and cinnamon (5 mL)
- pinch salt

**METHOD:**
1. In large bowl, beat butter with 1 cup (250 mL) of the sugar; beat in egg and molasses. In separate bowl, whisk together baking flour, ginger, baking soda, cloves, cinnamon and salt; stir into butter mixture to form stiff dough.
2. Roll dough by level 1 tbsp (15 mL) into balls; roll in remaining sugar. Place, 2 inches (5 cm) apart, on parchment paper–lined baking sheets; press to flatten slightly.
3. Bake in 350°F (180°C) oven until edges are light golden, about 12 minutes. Transfer to rack; let cool. (Make-ahead: Store in airtight container for up to 5 days or freeze for up to 2 weeks).

Per cookie: about 61 cal, 1 g pro, 2 g total fat (1 g sat. fat), 12 g carb, 1 g fibre, 7 mg chol, 28 mg sodium, 29 mg potassium.

**online**
For more Tested-Till-Perfect recipes, visit canadianliving.com

## LiquidAssets

**Peter Rockwell**

metronews.ca/liquidassets

### Version 2009

I can't think of a more polarizing style of wine than **Beaujolais Nouveau**. Made from quickly pressed gamay grape juice in France's Beaujolais region; it's the first liquid released from the northern hemisphere's 2009 harvest. Air freighted to wine shops the world over — who promise not to sell any until the third Thursday of November (which is this Thursday) — it's either revered or reviled by wine fans.

While there's no denying that its arrival brings some much needed attention to the floundering French wine industry; the hype — that convinced folks to line up for a bottle back in the '70s — has been diluted considerably by wet blanket snobs who can't see the fun past the marketing plan.

Though always light and super fruity; Georges Duboeuf, the undisputed king of Beaujolais, claims that thanks to some great weather Nouveau version 2009 will be one of the best in the last 50 years.

Selection across the country will vary with wines from producers like Duboeuf, Pierre André, Mommessin and Albert Bichot averaging around **$13 to $16**. Be sure to serve them chilled.

ADVERTISING FEATURE

# LOSING TO WIN – THE THREE-QUEL

By Candace Mollins

Okay, here's the thing – I'm not exactly the stoic, silent type – as most who know me might attest. Those people might also acknowledge that I'm a little opinionated (which is sort of like saying 'a little bit pregnant'). But, I'm a 'tell it like it is' kinda gal. With that being said, you can believe that I'm being candid when I say how much I'm enjoying eating delicious, healthy, freshly made gourmet food…all totaling only 1300 calories a day.

### The Low Down

Over the past two Tuesdays, I wrote in Metro News about my meal experiences with the Personal Gourmet plan and my weight loss to date. In the first two weeks on this meal plan, I lost a total of nearly 8 lbs. And achieving this respectable loss has been neither torturous nor tedious… in fact, I begrudgingly admit that it was, well, easy. Because, seriously, isn't eating small portions of really healthy food and losing weight supposed to be sooo veerrry haaard (this last part being read in a whiny, martyr-like voice)? It seems I'm somewhat reluctantly dispelling that myth here and now. Reluctant, because who wants to admit that they haven't suffered bravely (and silently) through their sojourn to lose weight by eating supposedly boring, plain and tasteless food? As it turns out, the food I ate was anything but boring, plain or tasteless. And, what's so heroic about that I ask you?

So, with the aforementioned reluctance, I'm biting the bullet and spilling my shrinking guts about my "true-life" experiences on Week 3 of the Rose Reisman Personal Gourmet meal plan:

- It's a ridiculously easy, convenient answer to every meal and snack
- It's freshly made and delivered to my door daily
- It's healthy, balanced and allows for a variety of different meal options
- It's helping me lose a respectable amount of weight without making me feel deprived
- It's the answer to a long-standing issue of how to manage healthy meals and lose weight without struggling with hard-to-stick-with 'diets'
- It's just freaking delicious!

Yes, it seems almost perfect. If only I could find a way of working the alcoholic celebratory after-work beverages into this plan without actually having to sacrifice any of my food! Now that would be sheer heaven – with cherries on top - oh, and few little scoops of decadently rich ice cream underneath.

### Week 3 Results

Twenty-one days into my fat fighting foray, I'm pleased to report that I've now lost a total of 10 lbs. (2.5 lbs. over the past week). Not bad for someone who hasn't suffered, has made co-workers envious of my meals and generally has been just all around pleased with myself.

Part of my goal when I started this plan three weeks ago, in addition to eating well and losing weight, has been to provide some insight or even inspiration to others. You don't have to suffer while trying to lose weight. My wonderful meal plan through Personal Gourmet provided me with a great option and the motivation to continue, even when I decide I'm ready to "go it alone". Joining the plan is one of the best things I've done for myself in a long time. Now, if I could only have a personal trainer delivered to my door on a daily basis. Oh, did I just write that 'out loud'?!

Creamy roasted garlic soup (created by the Dairy Farmers of Canada).

# Watch out vampires

## 40 garlic cloves tantalize in potato soup

A simple recipe with five-star quality taste. This creamy and flavourful soup tantalizes the taste buds and arouses the senses. For restaurant flair, serve each portion with a swirl of whipping cream and roasted pieces of garlic in the centre of the bowl.

### Creamy Roasted Garlic Soup

**SERVES 6 TO 8**

**INGREDIENTS:**

- 40 cloves garlic
- 60 ml (4 Tbsp) butter, divided
- Sea salt and freshly ground black pepper
- 30 mL (2 Tbsp) honey
- 3 large onions, chopped (about 1 l/4 cups)
- 3 large Yukon Gold potatoes cut in 2.5-cm (1-inch) cubes (about 1 kg/2 lb)
- 1 sprig thyme
- 1 bay leaf
- 750 mL (3 cups) chicken broth
- 500 mL (2 cups) 35 per cent whipping cream, divided

**METHOD:**

Preheat oven to 200 C (400 F). In 1-l (4-cup) baking dish, melt 30 ml (2 tbsp) of the butter; add garlic and toss. Sprinkle with salt and pepper. Bake for 15 to 20 minutes or until garlic is tender and golden brown; stirring halfway. Toss 12 cloves with honey; set aside for garnish.

In a large pot over medium heat, melt remaining butter. Add onions; reduce heat to medium-low, cover and cook, stirring occasionally, for 10 minutes. Uncover and cook, stirring often, for 5 minutes. Add potatoes, thyme, bay leaf and remaining roasted cloves; saute for 3 minutes over medium heat. Stir in broth and 250 ml (1 cup) of the cream. Bring to a boil over high heat; reduce heat and simmer, stirring occasionally, for 30 minutes or until potatoes are very tender. Remove from heat; let stand for 10 minutes to cool. Remove thyme and bay leaf.

In a blender, in batches, puree until smooth; return to pot. Stir in remaining cream and bring to a simmer. Season to taste with salt and pepper. Ladle soup into bowls and garnish with reserved honey-roasted garlic.

THE CANADIAN PRESS

## In brief

**ECO-FRIENDLY** Coca-Cola Canada (Ltd.) announced yesterday that its 100 per cent recyclable Plant-Bottle packaging will be featured throughout the Vancouver 2010 Olympic Winter Games.

The PlantBottle package — the primary beverage product package to be used during the games — is just like traditional PET plastic. It is recyclable by design, not biodegradable.

A variety of products, including Coca-Cola, Sprite, Fresca and DASANI beverages will be in Western Canada in the PlantBottle package beginning in December.

PlantBottle packaging is currently made through a process that turns sugar cane and molasses, a by-product of sugar production, into a key component for PET plastic.

METRO NEWS SERVICE

## Dinnertime is still family tradition

**POLL** Pass the gravy — plus the phone and the remote control. It's dinnertime in America.

Between the blare of the TV, the ring of the phone and Junior texting his buddies under the table or from the couch, the modern dinner comes with a heaping helping of distracting bells and whistles, an Associated Press-iVillage Food poll found.

Yet the sit-down, home-cooked family meal is an enduring tradition. And not just on Thanksgiving or other special occasions.

Most nights, most families manage to eat together, the survey found.

Democrats and Republicans do. Devout churchgoers and never-goers do. Childless families and those with kids are about equally apt to have a regular family meal. So are families from the suburbs and the country.

Altogether, more than 60 per cent of those who live with families said they sat down with family for dinner at least five nights in the past week. Home-cooked meals were the norm, not just take-out and the like.

The poll was conducted from Nov. 5 to 9 by GfK Roper Public Affairs and Media.

THE ASSOCIATED PRESS

### Rural vs. city

- 64 per cent of people in rural areas and 63 per cent in the suburbs said they ate with their families at least five nights in the week, compared with 56 per cent in cities.

THE ASSOCIATED PRESS

**King marries his queen**
Kings of Leon drummer Nathan Followill has wed his girlfriend, singer/songwriter Jessie Baylin. They tied the knot on the weekend in Tennessee in front of close friends and family, including Scarlett Johansson. **USMAGAZINE.COM**

# Entertainment

## Crown jewel

**Bragelina have completed a limited edition collection of gold jewelry and silver accessories called The Protector for high-end jeweler Asprey.**
**USMAGAZINE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

# Vampires to dominate holidays

## Post-apocalyptic worlds, Fantastic foxes and Sherlock Holmes slated for big screen

Movie **feature**

STEVE GOW
for Metro Canada

**As we move into the final few weeks of 2009, there is much to occupy people's minds — namely Christmas.**

But along with the perennial pursuit of great gifts comes the annual boon of box-office hits and this year's choices will be no different.

Whether you get your kicks from brooding vampires, a foxy George Clooney or musicals based from avant-garde films — the forthcoming holiday movie season has something for everyone to enjoy. Here is a glimpse at what is upcoming:

**TWILIGHT: NEW MOON**
(Nov. 20)
The holiday season kicks off with the hotly-anticipated second installment of the Twilight saga featuring vampire Edward and his girlfriend now caught in a love triangle with a teenaged werewolf.
Seriously.

**FANTASTIC MR. FOX**
(Nov. 25)
Wes Anderson (Rushmore) tries his hand at animation with help from George Clooney as an adventure-seeking fox in this quirky adaptation of Roald Dahl's classic children's book.

WETA

Sam Worthington, left as Jake Sully and Zoë Saldana as Neytiri star in Avatar.

**THE ROAD**
(Nov. 27)
In this critically-acclaimed reworking of the Pulitzer-Prize winning novel, Viggo Mortensen tries to protect his son in a post-apocalyptic world where food may be scarce but this year's Oscar nominations will be plentiful.

**UP IN THE AIR**
(Dec. 4)
George Clooney makes another appearance (and may just nab a second Oscar) in this clever comedy about a downsizing expert whose own flighty lifestyle gets grounded.

ALEX BAILEY

Jude Law, left, as Dr. Watson and Robert Downey Jr. as Sherlock Holmes star in the action/adventure mystery Sherlock Holmes.

**THE LOVELY BONES**
(Dec. 11)
Peter Jackson (Lord of the Rings) adapts this hit novel about a murdered young girl who watches her family from heaven. I'm fairly certain Gollum doesn't make an appearance.

**AVATAR**
(Dec. 18)
It's been a decade since James Cameron's Titanic. Now the Oscar-winning filmmaker gets back to his sci-fi roots with this cutting edge thriller that's cost over $200 million to produce. Let's hope it doesn't sink like…well, you know.

**ALVIN & THE CHIPMUNKS: THE SEQUEL**
(Dec 25)
The animated pop-singing rodents are back to save a struggling high school music program. To clear any uncertainty, this is not a documentary.

**SHERLOCK HOLMES**
(Dec. 25)
Robert Downey Jr. gives the legendary character a facelift in this Guy Ritchie-film. Sir Arthur Conan Doyle would be proud.

**NINE**
(Dec. 25)
Rob Marshall (Chicago) directs this musical version of Fellini's classic film 8 ½. With an ensemble cast that includes Daniel Day Lewis and Nicole Kidman, Nine will surely make Millions at the box office this Christmas.

## McCartney wins his 3rd Gershwin

**AWARD** The Library of Congress is awarding Paul McCartney its third Gershwin Prize for Popular Song.

Librarian of Congress James Billington announced the prize yesterday. An all-star tribute concert is planned for spring next year, though the library hasn't announced who will perform.

Paul McCartney

Billington says it's hard to think of another performer and composer who has had a more transformative effect than McCartney. **THE ASSOCIATED PRESS**

## Germany reviews extortion scheme

**SUPERMODEL** German prosecutors say they are opening an investigation against a man suspected of trying to extort money from former supermodel Cindy Crawford and her family in the United States.

Edis Kayalar, has been charged in the U.S. with trying to extort $100,000 from Crawford and her entrepreneur husband Rande Gerber by threatening to release a photo of their daughter bound to a chair and gagged when she was seven. **THE ASSOCIATED PRESS**

**British American Idol gets Sting-ing criticism**
Sting has heaped criticism on Simon Cowell's British version of American Idol — The X Factor — describing the show as "appalling" and promoting bland, soulless music in an interview with the London Evening Standard. PEOPLE.COM

# Wind continues blowing strong

## Gone with the Wind gets a makeover

**Seventy years later, actress Ann Rutherford still gives a damn about Gone with the Wind.**

Rutherford, 89, is among the few surviving principal cast members of the Clark Gable-Vivien Leigh Civil War epic, which arrives today on a new special-edition DVD set and also marks its Blu-ray debut.

**Gone with the Wind DVD arrives today**

When its box-office take is adjusted for inflation, the film ranks as the highest-grossing North American movie release.

And many critics and fans consider Gone with the Wind not only a Hollywood classic, but the Hollywood classic — with Rutherford, who played heroine Scarlett O'Hara's sister Carreen clearly among them.

"It is so real," Rutherford said. "Gone with the Wind is an entity. It is like a person."

The actress was interviewed in the lobby of the Academy of Motion Picture Arts and Sciences, which had just screened the best-picture Oscar winner as part of its salute to Hollywood's 1939 output, which also includes such classics as Dark Victory, Mr. Smith Goes to Washington and The Wizard of Oz.

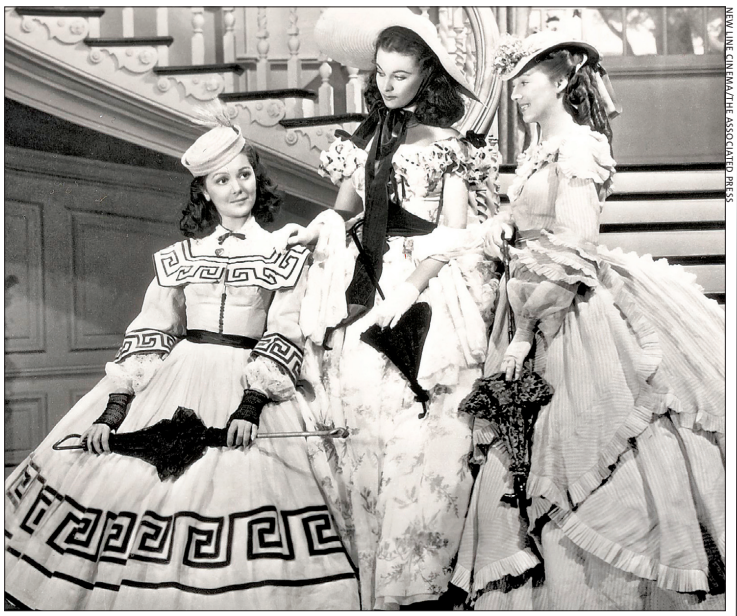
"The studio system had finally ripened," Rutherford noted. "It was a year that we have not known since."

The movie's production was legendarily troubled, with producers burning through numerous directors and screenwriters.

"None of us ever had a full script," Rutherford remembered. "We had rainbow pages. Every day we would get a page. And we didn't even have sense enough to save those pages. At the end of the day, you would crumple it up and toss it in the wastebasket. Who knew?"

Rutherford, who still lives in Beverly Hills, would continue to act steadily through the late '50s, and came back to do a handful of roles in the '70s, but she's never stopped working, hopping the globe for speaking and promotional engagements tied to reissues and tributes to Gone with the Wind.

THE ASSOCIATED PRESS



NEW LINE CINEMA/THE ASSOCIATED PRESS

This undated image from the film Gone with the Wind shows Evelyn Keyes, left, Vivien Leigh and Ann Rutherford. Rutherford, 89, is among the few surviving principal cast members of the Clark Gable-Vivien Leigh Civil War epic, which arrives Nov. 17, 2009 on a new special-edition DVD set and also marks its Blu-ray debut.

## Mix of Six

### MUSIC
Billy Bragg performs at the Phoenix Concert Theatre at 8 p.m. Tickets are $30 to $35. ticketmaster.ca.

### FASHION
Jeanne Beker hosts the Zareinu Fashion Show at the Royal Ontario Museum at 7 p.m. $250. zareinu.org.

### BOOKS
Hulk Hogan signs copies of his book at 6 p.m. at Chapters, 142 John St. chapters.indigo.ca.

### BENEFIT
Debra Digiovanni is among the performers at the Colours of Comedy event at the Absolute Comedy Club, 2335 Yonge St. coloursofcomedy.com.

### PREMIERE
Nina Arsenault's The Silicone Diaries premieres at Buddies in Bad Times Theatre. artsexy.ca.

### THEATRE
An adaptation of Hamlet is being performed at the Enwave Theatre. harbourfrontcentre.com.

**Celeb burglary ring member pleads guilty**
A suspected member of a burglary ring that stole cash, jewelry and clothing from celebrities' homes has pleaded not guilty in Los Angeles. Alexis Neirs, 18, is one of five people charged with felony burglary for an alleged spree that began last fall. THE ASSOCIATED PRESS

# Genre made mainstream in Ninja Assassin

## Matrix alumni, McTeigue speaks with Metro about bringing a subculture to the masses

LINA TOYODA
for Metro Canada

**What's old becomes new again in a modern-day ninja story that bends the realm of reality with anime style in Ninja Assassin, the latest by Australian director James McTeigue, who brought us the comic-based cult hit V for Vendetta and collaborated with the Wachowski brothers in The Matrix trilogy.**

Metro sat down with McTeigue recently in Vancouver, who talked about his love for ninja movies, some Japanese TV influences growing up in Australia, and his take on the visual styles of B-movies of old.

"I'm a big fan of ninja movies. In Australia where I grew up, we used to get a lot of Japanese TV series, one of them called Shintaro, and Phantom Agents was another one," he said.

"My favourite anime was Ninja Scroll. I really liked that so I wanted the aesthetic and some of the visual motifs in the film to be a cross between anime and game play."

**"I wasn't really interested in doing like the homages that (Quentin) Tarantino did to some of the Japanese movies"**
Director James McTeigue

With Andy and Larry Wachowski onboard the production team, Ninja Assassin is an action-packed ode to martial arts films with stylized graphics and blood-spitting fight sequences, starring Korean superstar Rain as protagonist Raizo, a trained killer of the powerful Ozuno Clan of ninjas.

The graphic quality in the film like the blood splattering in the fight scenes or the shadowy figures that flash across buildings often look like it came out of anime or a game, and McTeigue says he achieved the aesthetic digitally.

DAVID APPLEBY
Randall Duk Kim, left, Sung Kang and Director James McTeigue on the set of the upcoming action flick Ninja Assassin.

"I wasn't really interested in doing like the homages that (Quentin) Tarantino did to some of the Japanese movies," McTeigue said. "I wasn't really interested in doing a remake of ninja films.

"I wanted to do something that took elements from those films and craft it into a new story. So into that ninja genre, I was interested in putting in elements of film noir because it has a great use of negative space and graphic and light.

"And I think if you have ninjas resolving out of darkness all the time you can add little bits of horror in there," he said. "And also because it is an action movie, I wanted to have mixed martial arts in there but also elements of parkour or free-running and acrobatics. So it was trying to mold all those things into the genre of the ninja movie."

McTeigue says that what was once a subculture that belonged in the realm of nerds like comics, games and graphic novels, are now definitely part of the mainstream culture through generational changes. His next film is The Raven, an adaptation of the macabre poem by Edgar Allan Poe, a fictionalized last five days of the writer's life. "There's a serial killer loose in Baltimore killing people in the manner that Poe uses in his stories."

**Sigourney sued**
Sigourney Weaver has been named in a $5 million US lawsuit involving a cosmetics company. The Alien actress is a minority shareholder in the business, and owner Vincent Longo is being sued by Anthony Minuto after a transaction between the pair turned sour. FEMALEFIRST.CO.UK

# Heartthrobs a girl's best fantasy

## Hollywood crushes are often teen's first taste of love

**Fifteen-year-old Chloe Bates is in love.**

A 10th-grader at an all-girls Catholic school, she lights up when she talks about her handsome 17-year-old honey. Chloe doesn't know too many boys, so she still gets a nervous, buzzy feeling whenever she thinks about HIM. Her friends know all about this guy — he's a regular text and telephone topic between school, homework and dance practice.

Chloe keeps a few pictures of him on her bedroom wall, scattered among snapshots of her and her friends. She also writes about him in her journal. But she can't really get close to him. It's like he doesn't know she exists.

Chloe is in love with Taylor Lautner, one of the hunky stars of the Twilight films. And she's not alone.

Girls have been falling in love with movie stars since the dawn of cinema. When teenagers became Tinseltown's prime marketing target, Hollywood delivered handsome heartthrobs any girl could love.

James Dean. Frankie Avalon. David Cassidy. Rick Springfield. Johnny Depp. There are teen icons for every generation. For Chloe and millions of girls around the world, it's Lautner and Robert Pattinson of New Moon, the latest instalment in the Twilight series.

These girls aren't just experiencing a movie-star crush, they're participating in a uniquely female rite of passage: The birth of romantic fantasy. And today's technology — online fan forums, Twitter — lets them get closer than ever.

Before real boyfriends and first kisses, girls' imaginary relationships with their heartthrobs provide a precursor to adult romance — a love before they know what love might be.

THE ASSOCIATED PRESS

GETTY IMAGES

GETTY IMAGES

From James Dean, left, to Johnny Depp, centre, to Robert Pattinson, Hollywood has delivered handsome heartthrobs that any girl could love in the privacy of their bedrooms.

"They're practising feelings of love and attachment and attraction and romance," says Los Angeles psychologist Wendy Walsh, whose own 11-year-old daughter also loves Lautner. "These are all new feelings, and what a safe way to play them out — in the privacy of their own room with a poster of Taylor Lautner."

The Twilight series itself is about first love. New Moon centres on Bella Swan, an ordinary teenager in love with the mysterious Edward Cullen (Pattinson), who comes from a family of vampires. Edward is romantic and otherworldly, and though he literally hungers for her, he's gentle and protective. But he leaves and Bella finds comfort with her loyal, longtime friend Jacob Black (Lautner), whom she later discovers belongs to a lineage of werewolves.

"It would be so fun to be Bella," Chloe says wistfully. "I love the idea of having two super-hot mythical creatures fighting over me. I just think that would be incredible."

Pattinson and Lautner may be slightly sexier than teen idols past, but they're cut from the same teen-heartthrob cloth as their predecessors: Smooth-faced stars who seem wholesome — and just a touch away from attainable.

**"It would be so fun to be (Twilight's) Bella. I love the idea of having two super-hot mythical creatures fighting over me."**
Chloe Bates, 17

Heidi Hurst, executive editor of teen pinup magazine Tiger Beat, notes that since the magazine was established in 1965, the guys on its pages have been "non-threatening, more on the boyish side of good looks." The November issue features Lautner and Pattinson on the cover.

Most Tiger Beat readers, who range in age from 8 to 16, "still aren't dating boys in real life and this is their first exposure to boys as in 'They're cute. I like them,'" Hurst says.

THE ASSOCIATED PRESS

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**Oprah defends decision in chimp attack guest**
Talk show guru Oprah Winfrey defended her decision to reveal the face of chimp attack victim Charla Nash on her show last week, revealing she considered blurring the image but decided against it. **POPEATER.COM**

# Janet blames doctor

## Jackson tells of the night she lost her brother

**Janet Jackson blames Dr. Conrad Murray for her brother Michael's death.**

She told ABC News in an interview to air Wednesday that Murray should no longer be allowed to practice medicine. Murray faces manslaughter charges for the pop star's death this summer.

A spokeswoman for the doctor, Miranda Sevcik said yesterday he continues to maintain he neither prescribed or administered anything to Jackson that should have killed him that night.

Jackson told ABC's Robin Roberts that she was at her home in New York on June 25 when her assistant called to tell her that Michael had been taken to the hospital.

She told relatives to call her when they got to the hospital and grew concerned when she wasn't getting any calls back from them.

She says that a day doesn't go by when she doesn't think of him.

THE ASSOCIATED PRESS

KRISTIAN DOWLING/GETTY IMAGES

In an interview set to air Wednesday, Janet Jackson tells ABC News that she blames Dr. Conrad Murray for the death of her brother Michael.

# LA seeking cash for Jackson funeral

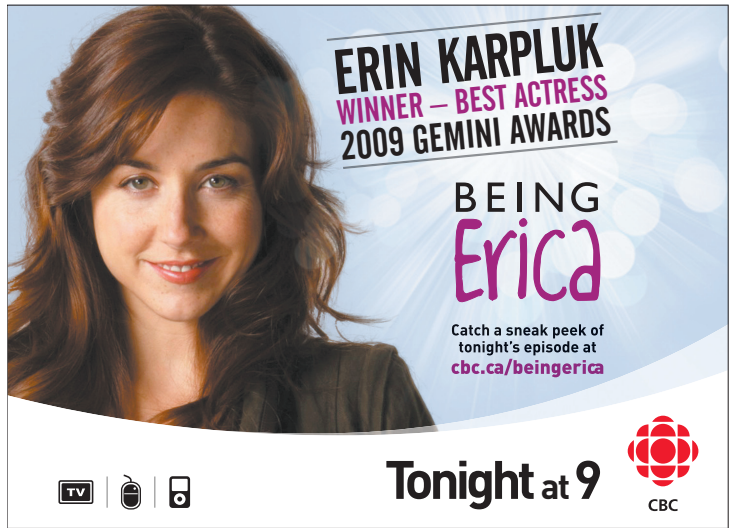
**AUDIT** The Los Angeles city attorney still plans to seek reimbursement of the $3 million the city spent for the Michael Jackson memorial, a spokesman said yesterday, despite an audit concluding the event pumped even more dollars into the local economy.

The July 7 memorial at Staples Center was a $4 million boon for local hotels, restaurants and other businesses, according to the report released Friday from the city's chief legislative analyst and city administrative officer. The City Council's Public Safety Committee was expected to review the report Monday.

**$3M**
Michael Jackson's funeral cost Los Angeles $3 million.

City Attorney Carmen Trutanich is still committed to seeking reimbursement from Staples owner Anschutz Entertainment Group, or AEG.

THE ASSOCIATED PRESS



**Hair transplant in London**

The Tony Award-winning revival of Hair is going to London — with its original Broadway cast. Public Theater artistic director Oskar Eustis says the American Tribal Love-Rock Musical will open at London's Gielgud Theatre on April 14, 2010. THE ASSOCIATED PRESS

# Doc targets faith

## Prop 8, Mormons film's subjects

**Reed Cowan's reasons for making a film about the Mormon church's activism against gay marriage in California are personal.**

Himself gay and Mormon, Cowan clashed with his family over his sexual orientation and the beliefs of their faith, but it was a conversation between him and a sibling about her support of Proposition 8 cemented his commitment to make the film: 8: The Mormon Proposition.

"I thought, if this is the dialogue in my Mormon family, then what is like in other Mormon households," the Miami-area filmmaker and former Utah television journalist said.

"If this is the pain I feel over Prop. 8 and other Mormon efforts to quash (lesbian, gay, bisexual and transgender) rights, what is the pain of others multiplied all over the world?"

While the 80-minute documentary is still in production, a trailer posted on the Internet has caught the eye of both sides of the debate, viewed by roughly 70,000 people in its first 78 hours online. And the website that hosts the video has had nearly 28,000 visitors since it went online last month.

Cowan contends that the church was the most influential force in the campaign and paints the faith's theology and culture as historically anti-gay.

Internet commentary on the trailer is divided.

Depending on the source, the movie is either an emotional and scathing indictment of The Church of Jesus Christ of Latter-day Saints, or an unfair characterization of the Utah-based church's beliefs and motivation for political involvement. The church was part of a coalition of faiths and conservative groups that pushed for approval of a gay marriage ban in California's constitution.

Church officials have seen the trailer and other online materials about the film, LDS spokeswoman Kim Farah said, and "it is obvious that anyone looking for balance and thoughtful discussion of a serious subject will need to look elsewhere."

Like many faiths, Mormonism defends traditional marriage as an institution ordained by God that is central to a healthy society. The church has consistently worked against legislation to legalize gay marriage since the 1990s. Last week, however, church leaders endorsed a pair of Salt Lake City ordinances that make it illegal to discriminate against LGBT persons in employment and housing.

Narrated by Academy Award winning screenwriter Dustin Lance Black — also gay and raised Mormon — the film chronicles the campaign and includes personal stories from straight and gay Mormons, including newlyweds Tyler Barrick and Spencer Jones, who married in San Francisco on June 17, 2008, the first day same sex marriage was legal in California.

The film also touches on gay suicide and homelessness, which many believe occur at higher-than-average rates among gay Mormons.

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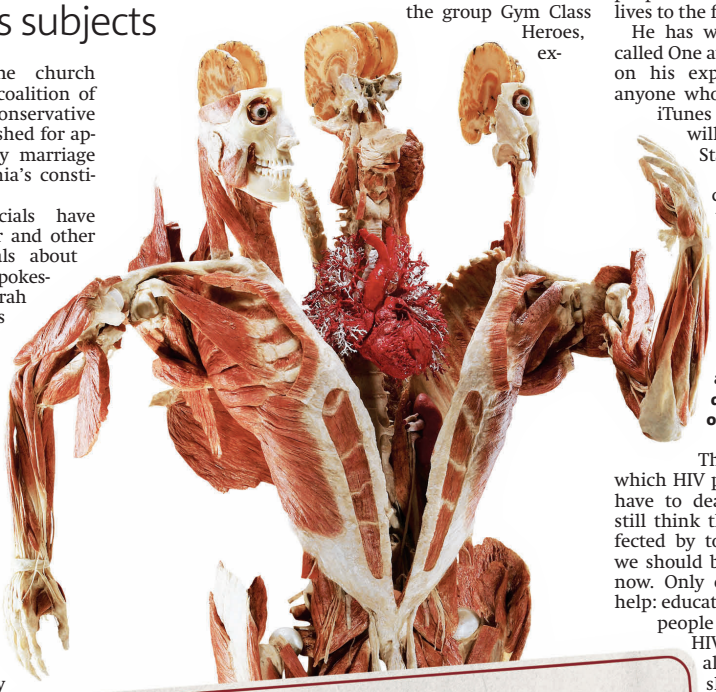
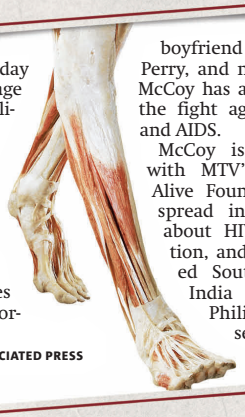


YOU'LL NEVER LOOK AT PEOPLE THE SAME WAY AGAIN.



# A Hero for AIDS activism

He is the frontman of the group Gym Class Heroes, ex-boyfriend of Katy Perry, and now Travis McCoy has also joined the fight against HIV and AIDS.

McCoy is working with MTV's Staying Alive Foundation to spread information about HIV prevention, and has visited South Africa, India and the Philippines to see how people are dedicating their lives to the fight.

He has written a song, called One at a Time, based on his experiences, and anyone who buys it from iTunes after Dec. 1, will be supporting Staying Alive

McCoy recently talked to Metro World News about his role in the project.

**What is the biggest misconception about the disease in your opinion?**

The stigma which HIV positive people have to deal with. Many still think they can be infected by touching them, we should be over this by now. Only one thing can help: education, informing people about what HIV and AIDS really is. It needs slightly more than touching to become HIV positive.

**When was the first time you had to face AIDS?**

This thing is the reason why I joined this project. I have lost a close loved one to this disease and we had to keep it secret because of the stigma.

**Is it easier for young people today? They can reach all information about the disease and can prevent it better...**

It is up to the individuals. Today we can reach more information but it is up to us if we are interested in it or not.

**"Many still think they can be infected by touching (HIV positive people). We should be over this by now. Only one thing can help: education, informing people about what HIV and AIDS really is."**
Travis McCoy

**What was the thing that touched you the most whole travelling with Staying Alive?**

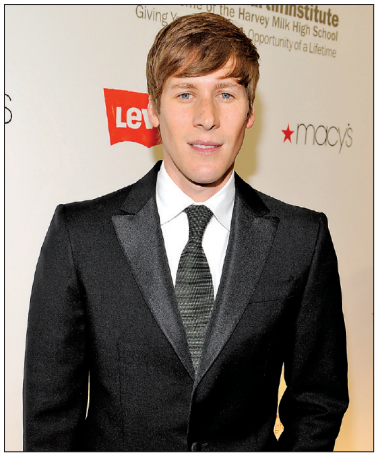
That at many places they start educating really early, at the age of 5-6. We get this education too late while 13-15 years old girls become pregnant. They obviously know what sex is but are not taught how to have safe sex.

**How did the idea of the song came through?**

It was the whole point of the trip. Ten days in three countries, it was really busy, but I met fantastic people. It meant big pressure to incorporate all in the song and make it a song people want to buy since all profits go to the foundation. I am really proud of it.

METRO WORLD NEWS

Travis McCoy



Oscar-winning screenwriter Dustin Lance Black lends his voice to 8: The Mormon Proposition.

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**Kate Moss a hands-on fashion designer**
Kate Moss loves being actively involved in her fashion label. The supermodel — who designs her own range for British high street store Topshop, as well as having three of her own fragrances — is fascinated by what goes on behind the scenes. FEMALEFIRST.CO.UK

# Palin paints a picture of the 'Maverick' life in new book

**Going Rogue: An American Life**
**Author:** Sarah Palin
**Publisher:** Harper Collins

## BookPicks

**There should be a feeling of palpable glee running through Sarah Palin's memoir: Now, finally, she gets to talk, unfiltered and unedited.**

This is, after all, a politician convinced that the media twists her words, who says she's been parodied and mocked by establishment elites, and who complains she was muzzled by her own party.

Going Rogue: An American Life offers her a chance to answer back, without pesky interference from the likes of Katie Couric or Republican handlers. It is, to steal Nancy Reagan's memoir title, My Turn.

So why is there so little bloodletting, why no must-n't-miss gory bits? Her book, written with an assist from Lynn Vincent, is less the revealing autobiography of a straight-shooting maverick and more a lengthy campaign speech — more lipstick, less pit bull.

The book can be roughly divided into two halves — the years before she was asked to join John McCain's ticket and the time since. The second half is the more lively: It's got her take on the designer clothes embarrassment; the vice-presidential debate with Joe Biden; and the "campaign professionals" she blames for losing the White House.

From the beginning, Palin seems determined to prove she has always been maverick-y and never a mental lightweight. She says her nose was always in a book while growing up and the first big word she learned to spell was "different." She casually mentions that Mount McKinley rises to 6,194 metres, and she quotes Plato, Thomas Paine, Lou Holtz, Pearl S. Buck, Thomas Sowell and Mark Twain. She says she was riveted by Watergate at age 10.

Her five children make adorable cameos and her husband Todd arrives with great promise — he "roared" into her life in a Mustang — but then largely disappears. He never becomes a flesh-and-blood man, only a remote repository of manly goodness. Ronald Reagan is more of a presence here, constantly evoked and cherished.

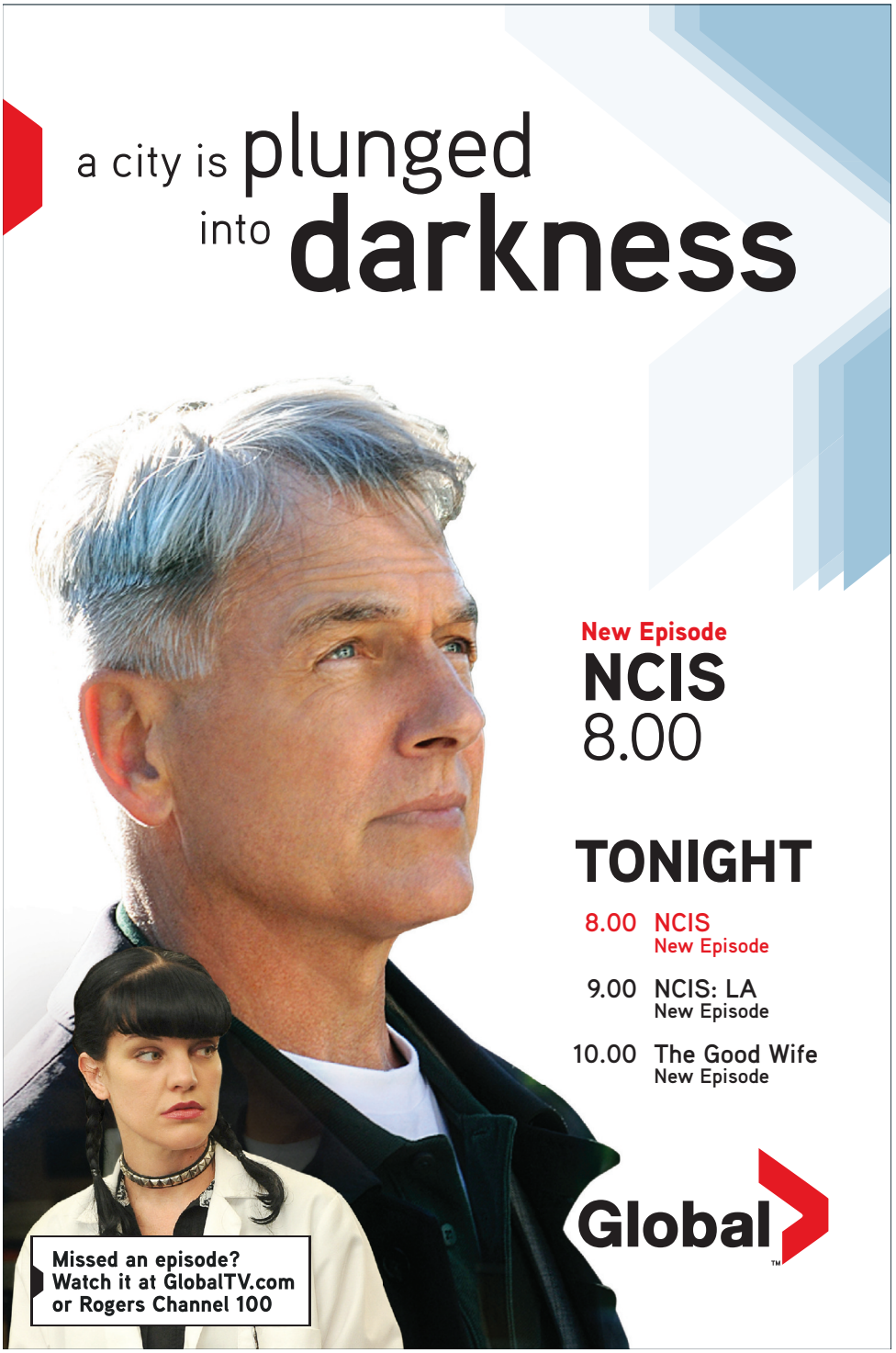
Other things missing: No dissection or prognosis of the wars in Afghanistan or Iraq (though her eldest son is a veteran), no Iran, Israel, China or Russia. No race relations, Hurricane Katrina or Bush policies, either. McCain emerges unsullied, Dick Cheney is mentioned only in passing and Hillary Rodham Clinton gets an open invitation for coffee.

More often than not, Palin spends chunks of time reciting campaign pablum. Not surprisingly, Palin, like a former beauty contestant, considers America's most precious resource to be our children. Oh, and the Constitution. THE ASSOCIATED PRESS

Former Alaksa Governor Sarah Palin

## In brief

**TALK SHOWS** Sarah Palin says it's "a bit heartbreaking" to see the road the father of her grandson has taken.
The former Alaska Governor and former Republican vice-presidential candidate appeared on yesterday's episode of "The Oprah Winfrey Show," saying Levi Johnston is on a road that is "not a healthy place to be."
Palin told Winfrey that Johnston has been busy with media tours and hasn't seen his son "for a while."
THE ASSOCIATED PRESS



**Since she's clearly overcome her phobia of oversharing**

Megan Fox had to overcome her phobia of screaming on camera for Jennifer's Body. The 23-year-old actress said: "I was phobic about screaming on camera, but I had to learn to let go." FEMALEFIRST.CO.UK

# Teen idol Beiber gets schooled in cool

## Fifteen-year-old singer counts on 'swagger coach' to prepare for new album, tour

**If the high-profile mentors, millions of YouTube views and uncontrollable female fans aren't enough, pop-soul singer Justin Bieber has another enviable asset to facilitate his ascent to superstardom.**

"I have a swagger coach that helps me and teaches me different swaggerific things to do," revealed the 15-year-old Stratford native, making history as the first solo artist to have four songs from a debut album, My World, in Billboard's Hot 100 prior to its release today.

In a business that's as much about image as sound, Bieber's co-manager, R&B star Usher, 31, hand-picked a wardrobe consultant/Man Friday for the youth.

"He has helped me with my style and just putting different pieces together and being able to layer and stuff like that," said Bieber of the ministrations of Ryan Good, 24, whose official title is road manager.

"Usher called me and said he thought Justin would benefit from being around a cool white boy," said hippieish Florida native Good.

While making his own first album, a teenaged Usher was famously tutored in the ways of the world by an über-cool black guy: decade-older rap impresario Diddy, with whom he was housed in New York. Bieber's relationship with the Atlanta-based Usher seems tame by comparison. "He's like a big brother to me," said Bieber. "We just hang out and don't really talk about music a lot. We go go-karting and to arcades and movies."

If Bieber really wanted to chill with a cool white boy, he could have done worse than A-lister Justin Timberlake, who lost the bidding war for him to Usher.

"It wasn't really a personality thing because they were both great people, and they were both nice and very kind," said Bieber of that tough choice. The performer, who also plays drums, guitar, piano and trumpet, came to the attention of industry vet Scooter Braun after posting his renditions of Usher, Ne-Yo and Stevie Wonder songs on YouTube. On the eve of his album release, Bieber's racked up more than 100 million YouTube views and has four tunes – "One Time," "Favourite Girl," "Love Me" and "One Less Lonely Girl" – on Billboard's decisive singles chart.

**Beiber's album is set for release today**

Bieber Fever was in full effect when the tween throb breezed through the GTA recently, chatting it up at local radio stations, doing interviews, signing autographs and performing a sold-out show.

Hundreds of girls between 6 and 16 gathered from the wee hours outside both Vaughan Mills mall and the Kool Haus in the hopes of getting close to their idol du jour.

"My heart belongs to Justin," gushed Pickering's Alyssa Stockla, 13, whose parents let her skip school to line up ahead of the Friday night concert.

Her pal Yasmin Rowchan, 14, itemized the entertainer's attributes: "He's multi-talented, his voice, his beauty, his hotness, his everything."

It's not just a Canadian thing: more than 2,000 people reportedly turned out for Bieber's The Today Show performance at New York's Rockefeller Plaza last month.

TORSTAR NEWS SERVICES

RICK MADONIK/TORONTO STAR

Justin Bieber plays Kool Haus ahead of his debut album's release. The album is entitled My World.

# Idol winner Kris Allen ready for his close-up

**AMERICAN IDOL** Kris Allen knows he's not garnering as much attention as Adam Lambert — and that's OK with him.

Since foiling Lambert at the American Idol finale last May, the 24-year-old singer-songwriter from Conway, Ark., has not appeared on the cover of Rolling Stone magazine or declared he's gay.

His music can't be heard during the credits of the apocalyptic action flick 2012. And you won't find him posing in a racy Details photo shoot with a naked woman.

"I don't mind," an always modest Allen says while perched in Idol overlord Simon Fuller's quiet office 10 stories above the Sunset Strip. "I think that's how I went through the competition as well. I did my thing, and it worked out. And that's how I'm going to do my music career. I'm just going to do my thing, what I like to do, and hopefully it works out."

His thing now is his self-titled album, which comes out today, a week before Lambert'sFor Your Entertainment is scheduled for release. As one might expect after watching his soulful Idol renditions of Kanye West's Heartless and Falling Slowly from the indie musical Once, Allen's album is filled with melodic ballads and toe-tapping rock tunes.

Allen teamed with experienced producers like Toby Gad, Steve Kipner, Andrew Frampton and Saalam Remi, but contributed more than just his voice and guitar-and-piano-playing prowess.

Allen's name appears on the songwriting credits for all but four of the album's 13 songs — including Red Guitar, a ditty Allen wrote for his wife, Katy, before his Idol run.

"I bought my wife a red guitar for her birthday a long time ago, hoping that she would play it," he says.

"She never learned how, so it became a wall decoration in our apartment. One day, I took it off the wall and started playing it, and just started writing a song that ended up being about the guitar itself, which was not the greatest guitar in the world."

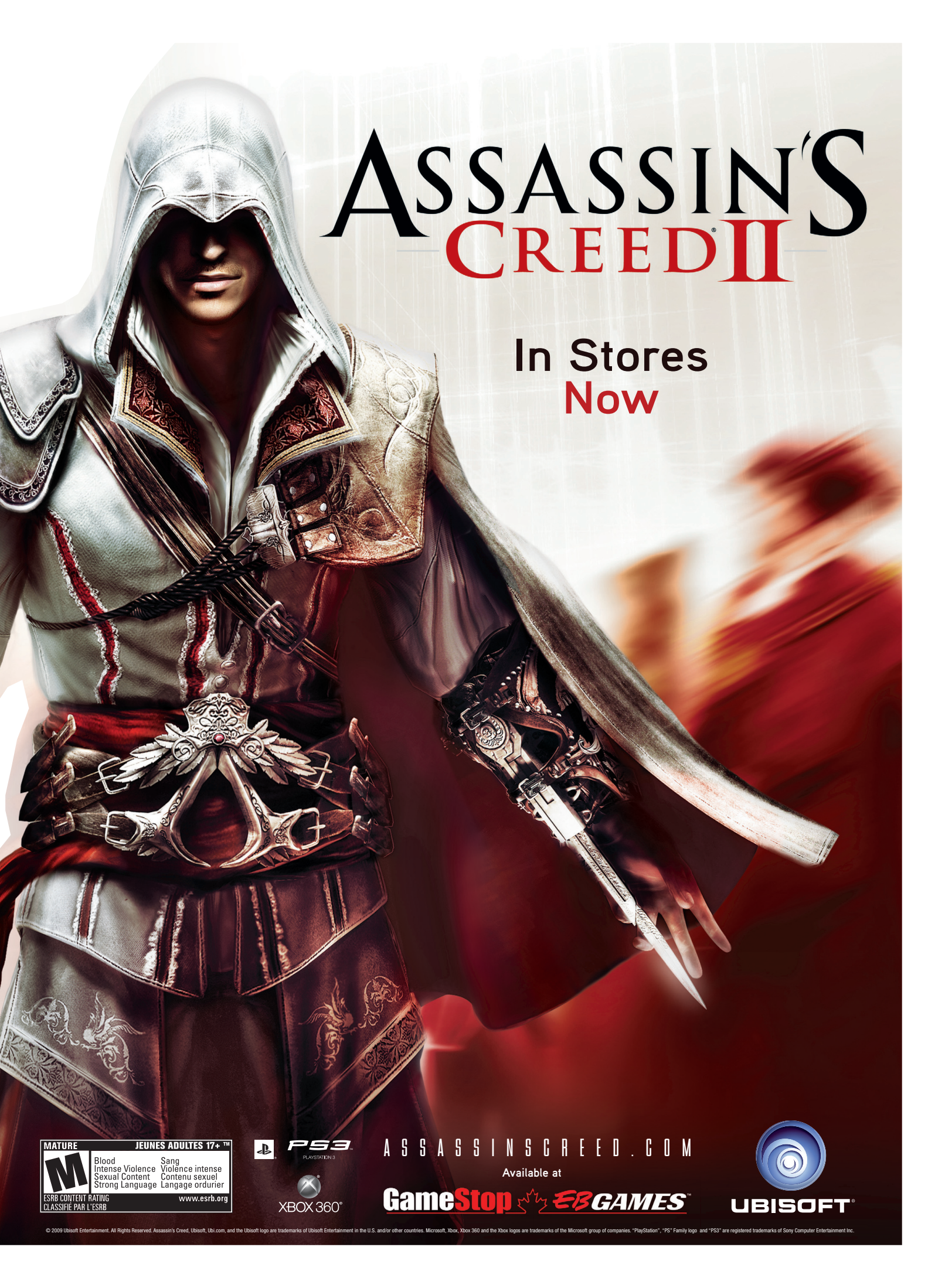
JASON REDMOND/AP PHOTO

Kris Allen, winner of the singing competition series American Idol poses for a portrait in West Hollywood, Calif., last week.

His beaming wife's face became a constant presence in the audience during Allen's Idol-tenure, a move that judge Simon Cowell teased at risk of scaring off female fans. Throughout the post-Idol zaniness — the tour! the recording! the trip to Disney World! — Allen says she's kept him fully grounded and embraced their move from Arkansas to La La Land.

Allen admits he doesn't mind being mobbed by fans in public because "people are usually nice about it." But he's still not totally comfortable with on-camera interviews, despite some post-Idol media training. His goofy nice-guy demeanour remains refreshing, even when the chime from a friend's rather coarse text message interrupts the interview.

"If I just had one word to describe this entire experience, it would be nuts," Allen says. "It's just nuts going from being a happily married guy into the music industry and this crazy world of entertainment. But in the end, I get to do exactly what I like to do, and that's make music. That's what makes me happy. That's the thing that has always driven me." THE ASSOCIATED PRESS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**Mariah's Christmas hit remixed**

Mariah Carey's hit All I Want for Christmas Is You has been remixed by Joey Arbagey for its 15th anniversary. The song was the first single of Carey's 1994 album, Merry Christmas. **POPEATER.COM**

# Forever or nothing

## Canadian R&B star Massari ready to take over world

**BRIAN TOWIE**
Metro Canada

**When Metro last talked to Massari three years ago, he was regaling us about what would make a perfect date. His included a steak dinner, rose petals on the bed and Boyz II Men playing in the background. These days, it would consist of popcorn, a movie and snuggling on the couch with sweat pants on.**

It's an unlikely answer from, all appearances to the contrary, a deceptively uncomplicated and driven man.

Upon listening to the release of sophomore effort Forever Massari, released last Tuesday in Canada and slated for international audiences today, one would suspect the Beirut-via-Ottawa R&B artist to be obsessed with pizzazz, and the desire to lay down a driving, edgy club beat.

It's certainly seems to be the case with lead-off single Body Body, wherein Massari (born Sari Abboud) samples 1987 dance track Push It by Salt N' Pepa.

But the latest release is just one aspect of the empire for which he wants to be known, one which includes a clothing line, charity work and a signature cologne by this time next year.

"My goal for this album is my goal for everything else I want to do — global domination," he said.

"I have a philosophy of 'expect nothing, get everything' and I'm hoping for the best. I haven't stopped working since my first album (2006's Massari, which went gold in Canada), although that work has been in different areas. I'm making sure people know that was the groundwork for what I'm doing now. I have my hands in everything and I like it that way."

A grand plan lies beneath the infamously chin-strapped exterior — a beard style he left behind after attending too many Halloween parties full of people dressed as him — one that Massari has, up to this point, been executing with modest success, growing from independent artist to major-label-backed Canadian star with some international notice.

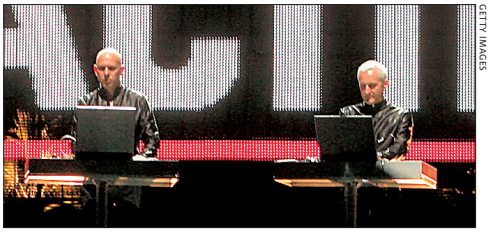
Besides the fact he can sing in three languages (English, French and Arabic) and has rarely met an old school beat he didn't like, Massari, whose name translates to "money" from Middle Eastern slang, credits its flashy designer clothing, jewelry and cars as a huge chunk of the appeal. Tools for the greater goal of leaving something to remember, he says.

"Well, I don't half-ass anything," he laughs. "These are all tools to accomplish my mission. To be successful in the business, you have to have these things, but of course none of it is real, or the real you. Money doesn't dictate my life, the work and the results do."

When I leave this world, I'll leave with nothing. And, God willing, it will be my deeds, accomplishments and actions that will count for something. We'll remember people who were feared, for all the wrong reasons, but we remember people who were loved even more. That's what I care about."

Massari has returned with a new album, Forever Massari.

**"My goal for this album is my goal for everything else I want to do — global domination."**
Massari



GETTY IMAGES

Two members of electronica pioneers Kraftwerk in concert.

# Kraftwerk re-wired

**CAM LINDSAY**
for Metro Canada

When you're 40 years into a career, it's only fair that you're afforded the opportunity to go back and right any outstanding wrongs. After decades of waiting, Kraftwerk's Ralf Hütter has finally been given his chance with the reissue of the group's last eight albums.

"I don't want to complain but some of the catalogue was never in the quality that it should have been," says the only remaining original member of the group. "It was a nightmare."

To be issued next week both individually and as a box set titled The Catalogue, Hütter now feels Kraftwerk's music can be appreciated the way it was supposed to be. "We reworked the masters, so for the first time they are remastered with the latest technology in our Kling Klang studio," he explains. "So we're very happy that for the first time the albums come in the formats with all of the artwork, like they were originally conceived."

Considered as influential on modern music as The Beatles, the pioneering electronic act from Düsseldorf, Germany can be heard in music of everyone from David Bowie and New Order to Madonna and Coldplay. But Hütter downplays Kraftwerk's impact beyond the work he and his various collaborators have put into the music.

"We called ourselves musical workers, and we just did our work with electronics," he says. "Music and technology for us were like a unit, always, and we just continued our work from there."

Hütter can't take all the credit though — there are those iconic robot mannequins that have represented the look and sound of the band all these years.

Whether it's the music or the robots people remember Kraftwerk for, Hütter says he and coworkers aren't done innovating. Earlier this year they began presenting the second half of their concert in 3-D, and in Manchester invited the British Olympic cycling team to ride on a track during a performance of their hit song Tour De France. New music is also expected at some point.

## Pop goes Pope with new album

**MUSIC** Pope Benedict XVI sings and prays along to a mix of modern music and ancient church chants in a new album to be released at the end of the month. The album, entitled Alma Mater — Music from the Vatican, includes eight original pieces of contemporary music, interwoven with Gregorian chants and the pope's voice. Benedict sings a hymn and recites prayers to the Virgin Mary in various languages, including Italian, French and Latin.

THE ASSOCIATED PRESS

**Ping pong time with Mel**
With a giant smile on his face, Mel Gibson took over a ping pong table at a bar in NYC this weekend and played a little table tennis with his pal Josh Brolin. TMZ.COM

# America, by CBS

## Network plans series on state of nation

**CBS News is planning an ambitious turn-of-decade look at America's position in the world that's also designed as an opening competitive shot at Diane Sawyer.**

Called CBS Reports: Where America Stands, the series will look at issues such as health care, the military, the economy and crime. Reporters will show what was happening 10 years ago and compare it to now, with predictions about how things will be like at the start of the 2020s.

The CBS Evening News will be the centrepiece for the reports. But The Early Show, Face the Nation and the network's radio and online outlets will also participate, said Sean McManus, CBS News president.

"People really do want to know how safe we are and could we fight another war if we had to," McManus said.

"How strong is our military? Is it stronger than it was 10 years ago? Is it weaker? And how prepared are we for the challenges of the next decade."

The series could run for a couple of months and get a real showcase on Katie Couric's newscast, he said.

It's no coincidence that the reports are designed to begin right around the time Sawyer takes over for Charles Gibson as anchor of ABC's World News. McManus wants strong CBS newscasts airing at a time people who miss Gibson might want to look around. CBS is third in the evening news ratings, with ABC second and NBC the leader.

THE ASSOCIATED PRESS FILE PHOTO

CBS Reports: Where America Stands will be a centrepiece of the CBS Evening News, hosted by Katie Couric.

"I believe there will be more sampling during the first couple of weeks of January," he said, "because, anytime there's a major shift in one of the newscasts, I think it does motivate people to see what all of the networks are doing."

McManus said he was also heartened by the response to CBS' "Children of the Recession" project, a major look at the impact of the financial crisis that ran across several of the network platforms. CBS also recently took considerable time on the evening news to examine the war in Afghanistan.

The CBS News chief said he believes these projects are energizing for his news division and help make its work distinctive when there's much competition for attention between broadcast and cable news outlets. THE ASSOCIATED PRESS

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**Breast implants are Christian: Prejean**

Ousted Miss California USA Carrie Prejean has something to get off her chest: She isn't a bad Christian because she got implants. "No, I don't think there's anything wrong with getting breast implants as a Christian," she told Christianity Today. USMAGAZINE.COM

# Cox returns to keep Scream's coming in

**Courteney Cox says she's excited about returning to the horror genre in Scream 4, the upcoming slasher sequel being written by Kevin Williamson, who wrote the first two films in the popular horror trilogy. Cox met her husband, 38-year-old actor David Arquette, on the set of the first Scream film in 1996.**

Courteney Cox

"There are really only a few of us that survived," says Cox.

Cox and Arquette will reprise their roles as overzealous reporter Gale Weathers and bumbling sheriff Dwight 'Dewey' Riley in the fourth installment, along with 36-year-old actress Neve Campbell, who starred as the series' heroine, Sidney Prescott. Cox shrugged off rumours that Weathers and Dewey would be killed off at the beginning of the film.

"I think that he's probably still deputy, and I've had a lot of kids. I don't know. I'm probably miserable." THE ASSOCIATED PRESS


# TV Babies!

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## DVD picks

### Star Trek

Director: J.J. Abrams

**PHASERS SET ON "STUNNING."** This is the Star Trek true fans have been missing, but barely dared hope for: a return to the original characters, in all their giddy glory and with all their hilarious hubris.

Director J.J. Abrams delivers a solid reboot to series creator Gene Roddenberry's 1960s ideas about life in "space: the final frontier."

This is either Star Trek movie No. 11 or 1, depending on whether you count it as the 11th in the series or the first in a new prequel franchise. Either way, it easily overcomes the curse that odd-numbered Star Trek movies are generally the worst.

This one ranks right up there with such character-driven triumphs as The Wrath of Khan and The Voyage Home. The special effects are seamless.

The casting is all aces. The emphasis was wisely placed on talent (including good comic timing) rather than on marquee recognition or resemblance to the original cast — although in some cases, the likeness is uncanny. By boldly going back to where it all began, Abrams has taken Star Trek exactly where it belongs.

Extras are extreme, including nine deleted scenes, a director commentary, a gag reel and several making-of featurettes.

### Brüno

Director: Larry Charles

**AS ANY COMEDIAN WILL TELL YOU, IT'S HARD TO TELL THE SAME JOKE TWICE.** That's the situation with Brüno, in which the abundantly gifted and remarkably brave (or crazy) Sacha Baron Cohen once again attempts mass deception for comic purposes. His title character in Borat came across as a harmless doofus confronting a foreign land and culture, and benefited mightily from Cohen's lack of renown. Most people didn't know they were being played for laughs.

He's neither harmless nor anonymous this time out. Cohen's Brüno, an Austrian fashionista with minor talent and major attitude, has just one big dumb prank to play about being gay, and he does so to the point of numbness. Gays and straights can feel equally offended, but also equally bored.

Cohen needs to move on to another brand of comedy that better serves him.

The numerous DVD extras include commentary by Cohen and director Larry Charles in which they reveal who was in on the joke — including Harrison Ford, who appeared to be one of the few spontaneously hilarious reactions to Brüno's antics.

### How to Be

Director: Oliver Irving

**INEPTLY WRITTEN AND DIRECTED BY OLIVER IRVING, THIS DIRECT-**to-DVD comedy has little going for it apart from Robert Pattinson, better known as vampire Edward in the Twilight series. Here he's saddo Art, a London wannabe singer-songwriter whose lack of musicianship is matched by his poor self-esteem. When his girlfriend dumps him and his parents ignore him, Art finds himself in the midst of a "quarter-life crisis."

He cashes in an inheritance to hire Canadian self-help guru Dr. Levi Ellington (Powell Jones), who crosses the Pond to live with him and teach him how to "be more normal."

The rich comic premise is never remotely realized. All of the secondary characters are poorly drawn or entirely loathsome. Yet Pattinson impresses in a difficult role, which makes this a worthwhile rental for any Twilight fan seeking another look at the man behind Edward.

Extras include a director's commentary, an interview with Pattinson and a making-of featurette.

Peter Howell/for Metro Canada

| To | Vu | SD | C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime 11/17/09 | 265 | 353 | 2 | TVO | Parks | Recreat. Eden | The Agenda With Steve Paikin | | London Hospital (N) | | Hunting the Hidden Dimension | | Agenda-Paikin |
| | 211 | 331 | 3 | GTV | ET Canada | Entertainment | NCIS "Power Down" (N) | | NCIS: Los Angeles (N) | | The Good Wife (N) | | News Final |
| | 215 | 343 | 4 | OMN1 | Two/Half Men | The Simpsons | Omni News: Italian Edition (N) | | Vivere V | Omni News: | The Simpsons | King of the Hill | Metropia |
| | 210 | 302 | 6 | CBC | Wheel-Fortune | Jeopardy! (N) | Rick Mercer | 22 Minutes | Being Erica (N) (DVS) | | CBC News: The National | | The Hour |
| | 214 | 344 | 7 | CITY | Law & Order: SVU | | 30 Rock | The Biggest Loser (N) | | | The Jay Leno Show (N) | | News |
| | 212 | 313 | 8 | CTV | etalk | Hollywood | V "A Bright New Day" | | Dancing With the Stars | | Law & Order: SVU | | CTV News |
| | 218 | 345 | 11 | CHCH | *The Hard Way* ★★ (1991, Comedy-Drama) Michael J. Fox. | | | | *Beverly Hills Cop* ★★★ (1984, Comedy-Drama), John Ashton | | | | News at 11 (N) |
| | - | - | 14 | - | Family Guy | The Office | Omni News: S. Asian Edition | | Omni News: Cantonese Edition | | Two/Half Men | King | Religion |
| | 213 | 326 | 15 | SUN | The Insider (N) | George Lopez | World's Most Amazing Videos | | To Serve and Protect | | The Insider | Argos Access | Becker |
| | - | 387 | 16 | CBS | Inside Edition | Hollywood | NCIS "Power Down" (N) | | NCIS: Los Angeles (N) | | The Good Wife (N) | | News 4 at 11 |
| | - | 385 | 17 | NBC | The Insider (N) | Entertainment | Madagascar | The Biggest Loser (N) | | | The Jay Leno Show (N) | | News |
| | - | 386 | 18 | ABC | Wheel-Fortune | Jeopardy! (N) | V "A Bright New Day" | | Dancing With the Stars | | (10:01) the forgotten | | News |
| | 219 | 346 | 20 | ACH-B | Degrassi: TNG | TMZ (N) | So You Think You Can Dance Fourteen dancers perform. | | | | Wife Swap | | A News |
| | - | - | 28 | FOX | Judge Judy | Two/Half Men | So You Think You Can Dance Fourteen dancers perform. | | | | Seinfeld | Two/Half Men | The Simpsons |
| | - | 388 | 61 | PBS | News-Lehrer | Foot in Grave | Nova (N) (DVS) | | Frontline (N) (DVS) | | Young John Paul II: Witness | | Business Rpt. |
| | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | 90210 (HDTV) (N) | | Melrose Place (N) | | PIX News at Ten Tong. | | Two/Half Men |
| | 296 | 654 | 331 | SBK | The Insider (N) | Entertainment | Law & Order: SVU | | WBZ News (N) | Frasier | The Office | Name Is Earl | Frasier |
| | 298 | 653 | 332 | TLA | The Tyra Show (N) | | According-Jim | Family Guy | KTLA News | KTLA News | Two/Half Men | Two/Half Men | 90210 (N) |
| news | 502 | 390 | 26 | NW | Connect Today's biggest stories. (N) | | | | CBC News: The National | | CBC News: the fifth estate | | National |
| | 500 | 500 | 33 | CNN | Lou Dobbs Tonight | | Campbell Brown (N) | | Larry King Live (N) | | Anderson Cooper 360 (HDTV) | | |
| | 509 | 504 | 79 | CNB | Kudlow Report | | Biography on CNBC Bill Gates. | | Executive Vision | | Coca-Cola: The Real Story | | Mad Money |
| sports | 405 | 417 | 22 | net | Hockey Central | NHL Hockey Toronto Maple Leafs at Ottawa Senators. (HDTV) (Live) | | | | | Sportsnet Connected | | Hockey Central |
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| | 411 | 457 | 58 | OLN | Ghost Hunters International | | Dog the Bounty Hunter | | Survivorman | | Ghost Hunters International | | Bounty Hunter |
| | 417 | 406 | 81 | SC | Pass Time | NASCAR Hub | Monster Jam (HDTV) | | Super Bikes! | Test Ride | Jacked! | Jacked! | Pass Time |
| family | 551 | 542 | 25 | YTV | Drake & Josh | To Be Indie | Malcolm-Mid. | Hates Chris | 8 Simple Rules | What I Like | Family Biz | Prank Patrol | Adrenaline Proj |
| | 554 | 544 | 45 | TEL | Scooby-Doo | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill | American Dad | Futurama | Robot Chicken |
| | 556 | 540 | 51 | FAM | Sonny Chance | Zack & Cody | Overruled! | Han. Montana | Wizards-Place | Latest Buzz | Ned's School | Cory in House | That's-Raven |
| cable variety | 602 | 567 | 27 | W | Old Christine | Friends | Friends | Grocery Bag | Beauty | Style by Jury | How to Look Good Naked (N) | | 10 Years |
| | 570 | 580 | 29 | MM | One Tree Hill "Pilot" | | Love Court | Video on Trial | disBAND | Video on Trial | MuchNew | My Date With... | Love Court |
| | 615 | 520 | 31 | A&E | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars |
| | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Serie A | David Rocco | RIS - Delitti Imperfetti | | George Lopez | George Lopez | Lopez Tonight |
| | 571 | 581 | 36 | MMM | The Daily Fix | | Ranked! | | I Want to Work for Diddy | | Entourage | Wild 'n Out | mmtop10.ca |
| | 575 | 583 | 38 | CMT | Funniest Home Videos | | Reba | Reba | According-Jim | According-Jim | Home Improve. | Home Improve. | Wilsons |
| | 616 | 521 | 39 | SHO | The Outer Limits | | *Disaster Zone: Volcano in New York* (2006, Action) | | | | Bones (HDTV) | | NCIS |
| | 620 | 523 | 40 | BVO | SABIAN: The Cymbal Makers | | Live at the Rehearsal Hall | | *Glenn Gould: Hereafter* (2005, Documentary) | | | | Law & Order |
| | 601 | 562 | 41 | SLC | Rich Bride, Poor Bride | | Wedding SOS | Wedding SOS | Wedding SOS | Wedding SOS | Bulging Brides | Bulging Brides | ET Canada |
| | 622 | 506 | 43 | HIS | Ancient Discoveries | | Cities of the Underworld | | Cities of the Underworld | | Ultimate Engineering | | Crime Stories |
| | 625 | 548 | 44 | COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Jeff Dunham | Blue Collar TV | Daily Show |
| | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | HGTV's Top 10 | Design Inc. | Pure Design | Genevieve | House Hunters | House Hunters | Holmes-Homes |
| | 294 | 529 | 47 | TBS | Family Guy | Family Guy | House-Payne | House-Payne | Law & Order: SVU | | *Men in Black* ★★★ (1997, Comedy) | | |
| | 576 | 582 | 49 | BET | 106 & Park: BET's Top 10 Live | | *Honey* ★★ (2003, Drama) Jessica Alba, Mekhi Phifer. | | | | Monica: Still | Monica: Still | Mo'Nique |
| | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Star Trek: Voyager | | Medium (HDTV) (N) | | Fringe (HDTV) (N) | | InnerSpace (N) |
| | 581 | 566 | 52 | MTV | Peak Season | After | Disaster Date | The City | The City | The Hills | The Hills | After | MTV Live |
| | 618 | 524 | 54 | TROP | '70s Show | '70s Show | The Outer Limits | | ET Canada | Switch | Family Guy | '70s Show | '70s Show |
| | 603 | 561 | 56 | FOOD | Ricardo | Exotic | Restaurant Makeover | | The F Word (N) | | Good Eats | Good Eats | Iron Chef Am. |
| | 261 | 394 | 60 | V | Murder, She Wrote | | Hallelujah! | Dinnerladies | Quantum Leap (Part 1 of 2) | | Unscripted (N) | I Prophesy | Poltergeist |
| | 621 | 527 | 63 | STR | etalk | TMZ | The Ellen DeGeneres Show (N) | | The View (HDTV) (N) | | The Dr. Oz Show (N) | | TMZ |
| | 553 | 546 | 65 | TRE | Backyardigans | Nght Grdn | Waybuloo | Franklin | Little Bear | Maggie-Beast | Babar | Zigby | Max & Ruby |
| | 526 | 507 | 249 | VIVA | Cold Case "Glued" | | Missing "Domestic Bliss" | | The Closer | | Cold Case "Glued" | | Psychic Inv. |
| | 300 | 601 | 301 | M1 | *Never Back Down* ★ (2008, Action) Djimon Hounsou. | | | | *Twilight* ★★ (2008, Romance) Kristen Stewart. | | | | *Doomsday* |
| | 305 | 612 | 306 | PIX | (7:15) *The Hanging Garden* ★★★ (1997, Drama) | | | | *Fear and Loathing in Las Vegas* (1998, Comedy-Drama) | | | | *Blindside* |
| | 520 | - | - | DISC | Daily Planet (N) | | How It's Made | How It's Made | Destroyed | Destroyed | Time Warp Metallica. (N) | | Daily Planet |
| | 637 | - | - | TVLND | Red Green | Red Green | Fantasy Island | | Hart to Hart | | Andy Griffith | Phil Silvers | Bizarre |
| | 605 | - | - | FASH | Sexiest Body Parts | | FashionTele | RAW | Canada's Next Top Model | | America's Next Top Model | | Pretty Wicked |

## critics' corner

**Twilight**

Fans of Stephenie Meyer's popular book series eagerly awaited the first screen adaptation, and they showed up in such force, a sequel got the go-ahead the day after this movie opened. Director Catherine Hardwicke's moody version casts Kristen Stewart as heroine Bella, whose adjustment to a new high school encompasses her attraction to the magnetic Edward — a vampire. 6 AM on M1

**The Biggest Loser**

Fashion consultant Tim Gunn and hairstylist Tabatha Coffey help give the remaining six contestants makeovers. The contestants reveal their new looks to their loved ones, then face a high-flying challenge that will earn the winner a two-week trip to a fitness resort in southern Utah. 8:30 PM on NBC CITY

**The Good Wife**

Alicia is caught off guard when Peter needs her to testify on his behalf in his appeals process, just as she is preparing to defend a scientist accused of arson in the new episode "Unprepared." 10 PM on GTV CBS

## Univision shows coming to YouTube

**BROADCASTING** Univision, the biggest Hispanic broadcaster in the United States, said yesterday its shows will be coming to YouTube in the new year.

Videos to be made available include the talk show El Show de Cristina,based in Miami, the variety show Don Francisco Presenta, and the murder thriller series, Mujeres Asesinas.

YouTube, the online video site of Google Inc., will share advertising revenue with Univision Communications Inc. after content begins appearing early in the first quarter of next year.

YouTube says its U.S. Hispanic audience is one of its fastest growing demographics, with 6.5 million adult viewers per month, up 80 per cent from a year ago.

Univision has the exclusive right to broadcast Televisa-made shows in the U.S. through 2017.

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**Elvis hair fetches big money**

A tiny strand of hair said to have been clipped from the head of Elvis Presley has sold at auction for more than $1,750. The snippet is mounted in a frame alongside a photograph of the music legend. ANANOVA.COM

## Entertainment in brief

**SOUNDTRACK** Songs from Juno Award-winning band Blue Rodeo will accompany an original score by Greg Keelor on the soundtrack for Gunless, a comic western starring Paul Gross and Sienna Guillory. The score will be in a contemporary western style and will include a number of original verses written especially for the film by Blue Rodeo band member Greg Keelor. The Blue Rodeo song, Don't Let the Darkness in Your Head, will be integrated into the score.

METRO NEWS SERVICES

# CTV paints dire picture

## More closures possible without fee for signals, CRTC told

**Canada's largest private broadcaster laid out a scorched earth scenario yesterday if it doesn't get paid for its signals, suggesting more station closings and even yanking signals from cable.**

"We are not going to be here operating conventional TV unless we can make a business of it," CTVglobemedia president Ivan Fecan told the Canadian Radio-television and Telecommunications Commission.

The warning comes as the federal regulator opened two weeks of hearings on whether conventional TV stations must continue to give cable and satellite companies their signals for free, in exchange for a guaranteed place on the cable and satellite menu.

For months, Rogers Communications and Bell, which owns the country's largest satellite operation, have waged an expensive TV ad war containing their own threat — if they are forced to pay for the signals, they will charge their customers up to $10 a month.

To which, Fecan and officials responded, the CRTC should again get into the business of regulating cable firms like Rogers Communications and Shaw Communications to force them to offer a basic package of programs for a low cost set by the regulator.

CRTC chairman Konrad von Finckenstein showed his unhappiness with the bitterness of the battle between the broadcasters and the carriers.

"I am very frustrated by this very confrontational view," he told a packed hearing room. "You need each other and yet we have seen, for the last five months, a public battle never seen before and at the end of the day I can see nothing else than the consumer has to pay more."

Von Finckenstein said it was his job to ensure that broadcasters, which by the CRTC regulations must carry Canadian programming, survive.

At the same time, he said, he did not want Canadian consumers to pay more.

"Is it possible for you (broadcasters and carriers) to work this out and come back to us. I can't reiterate enough I would like this to be a win-win solution for you, the (cable and satellite firms) and customers," he said.

Under CTV's proposal, cable companies would not only lose out on the network signals, but would have to black out shows on American stations that the Canadian network owns rights to.

Broadcasters have been pleading poverty for several years, but the recession has given greater urgency to their warnings.

Two western stations recently shut down, and there were scant bids for local stations put on the block in Hamilton and Victoria.

At a news conference held outside the hearing room, a group of about a dozen Canadian actors called on the CRTC to allow broadcasters to seek a fee for their signals, but added that any new money that would flow to the networks should come with strings.

Actors guild president Ferne Downey said the CRTC should not hand the networks a blank cheque allowing them to just spend on more expensive U.S. programs.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Canadian actors and actresses Jackson Davies, left to right, Tonya Lee Williams, Carlo Rota, and James McGowan take part in a protest yesterday for more Canadian content on TV in Ottawa.

**From bibs to bras**
Heidi Klum isn't letting the recent birth of her fourth child stop her from getting back to work. The supermodel mom will be hosting the Victoria's Secret lingerie show, according to Page Six. METRO WORLD NEWS

## Celebrity Buzz

# Speidi-Roker showdown on hold

**AS MINUTE SIXTEEN APPROACHES** Spencer Pratt and Heidi Montag never got their rematch with the Today show's Al Roker, usmagazine.com reports.

The pair were expected on the NBC morning talk show Monday morning to promote their new book, How to Be Famous: Our Guide to Looking the Part, Playing the Press, and Becoming a Tabloid Fixture.

"Due to a change in the show's schedule, we had to cancel the interview with Spencer and Heidi Pratt," a Today show rep tells usmagazine.com.

When the pair appeared on the show this past June, Montag said Roker made her cry with his harsh line of questioning. He also took Pratt to task, telling him that people think he acts like a "jerk."

After their awkward chat, Roker took to Twitter to continue criticizing the pair.

"Heidi and Spencer are an interesting couple. famous for...being infamous," he Twittered. "Bad and vacuous behavior. I think we're at minute 11 of their 15."

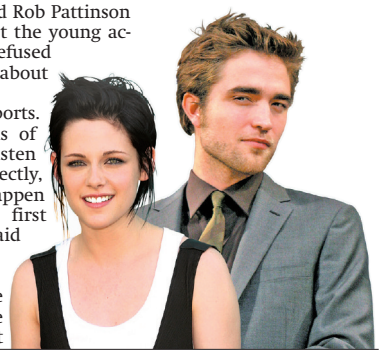
METRO NEWS SERVICES

# Yes, Twilight stars are an item dishes director

**THE SOUND OF A MILLION TWIHEARTS BREAKING** In an interview with Time, Twilight director Catherine Hardwicke commented on the rumored relationship between stars Kristen Stewart and Rob Pattinson — a subject the young actors have refused to speak about publicly, ew.com reports.

"In terms of what Kristen told me directly, it didn't happen on the first movie," said Hardwick. "Nothing crossed the line while on the first film. I think it took a long time for Kristen to realize, O.K., I've got to give this a go and really try to be with this person."

METRO NEWS SERVICES



# Wife kicks Letterman out?

**NOW DAVE'S ON THE COUCH** After the uproar about David Letterman's affair with a female staffer, his wife Regina Letterman has reportedly kicked him out of the house, forcing him to stay at his Manhattan loft, a source tells the National Enquirer.

METRO NEWS SERVICES

# Winehouse a real 'doll'

**PLASTIC SURGERY REHAB?** Amy Winehouse's new obsession with plastic surgery shows no signs of abating, sources tell the Sun. And she's reportedly already chosen what to augment next. "Everyone tells her there's nothing wrong with her nose, but Amy does nothing by halves," a source tells the newspaper.

"Since changing her boobs Amy has been scrutinizing her body. She loves all the compliments and wolf whistles she gets from her new figure. She's been sketching lots of drawings of herself and wants to bring out a doll for fans."

METRO WORLD NEWS

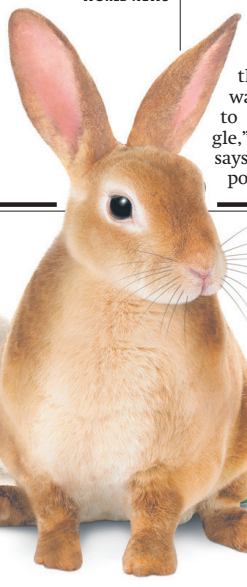
# File this under 'Icky'

**LIKE FATHER LIKE DAUGHTER** Former Scores strip club owner Elliot Osher is more than happy to dish on his past celebrity clientele, telling Rush & Molloy that Madonna once stiffed the staff, while Bruce Willis and Demi Moore treated the dancers like equals when they visited.

But the most shocking anecdote concerns Michael Lohan: "Lindsay Lohan's father once sat down and described the kind of dancer he was looking for," Osher alleges. "We sent some girls over. Funny, they all seemed to look like Lindsay. We ended up having to show him to the door."

Osher claims that Lindsay herself stopped by. "The next week, Lindsay wanted to meet the girls who'd danced for her dad."

METRO WORLD NEWS

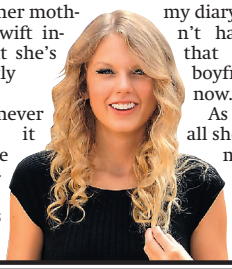


# Swift still a single gal?

**TEENS SAY THE DARNDEST THINGS** Despite being spotted all over town together with New Moon star Taylor Lautner — and even introducing him to her mother — Taylor Swift insists that she's currently single.

"I've never thought it was a curse to be single," she says. "At this point in my life, I'm in the mind-set where I choose to be single — like I got to light scented candles and write in my diary and I wouldn't have time for that if I had a boyfriend right now."

As for Lautner, all she'll say on the matter is, "He and I have gotten really close. METRO WORLD NEWS



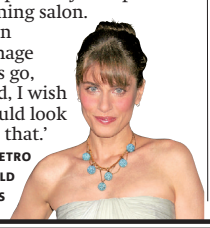
# Peet ponders her own mortality

**ANOTHER HOLLYWOOD SAG STORY** Amanda Peet admits that she's powerless to stop the march of time. "It's not really working," she tells Parade magazine about her attempts to thwart the aging process.

"I'll be at the gym and I'll start thinking, 'What am I doing? I'm going to sag no matter what I do.'"

And, Peet says, her industry isn't helping matters. "I mean, someone with a figure like Jennifer Aniston has a trainer, a cook spinning out some version of the latest diet, and probably a stop at the tanning salon. Then teenage girls go, 'God, I wish I could look like that.'

METRO WORLD NEWS



## Celebrity tweets

Kathy Griffin gives herself a little extra celebration, Ricky Martin has an incredible tolerance for toddler tinkling, and Perez Hilton suffers for his art.

• @officialkathyg
I admit it. I had a "secret cake" 4 my bday that I just finished. Yeah, 1 cake 4 friends and another 1 stored in the fridge 4 me. SUCK IT!

• @ricky_martin
the sound of the piano fills the house.played by minifingers.i wonder if my son is a pianist hehe

• @Perez Hilton
The price of glamour: glitter is EVERYWHERE now! But it was so worth it!

METRO WORLD NEWS

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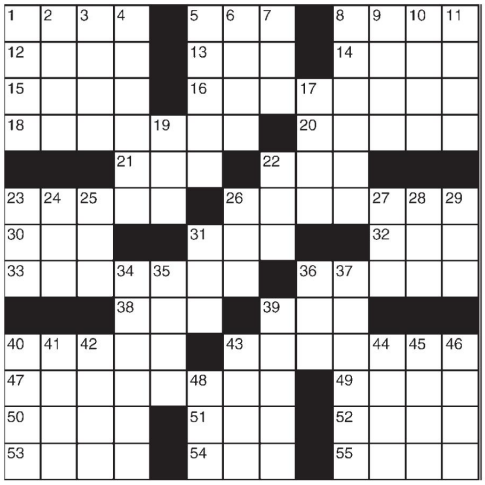

**ACROSS**

1 Automaker Ransom Eli —
5 Wager
8 Footnote abbr.
12 Source
13 "That feels so good!"
14 Protuberance
15 Albacore, e.g.
16 Genesis subject
18 Depot
20 Water trench
21 Coffee vessel
22 Part of TGIF
23 Invigorating
26 Speech
30 "— the ramparts ..."
31 Pair
32 Diary writer Anais
33 Round of applause, e.g.
36 "I give up!"
38 Hostel
39 Work with
40 Sends forth
43 Rapture
47 Holiday from work
49 Base runner's goal
50 Paradise
51 "CSI" evidence
52 Basin accessory
53 Cincinnati team
54 Ukr. or Lith., once
55 McNally partner

**DOWN**

1 Leftovers
2 Lummox
3 Lisbon lady
4 Rank in a hierarchy
5 Quiche Lorraine ingredient
6 Deserve
7 Commonest English word
8 Just know
9 Seethe
10 "American —"
11 Say it ain't so
17 Taj Mahal city
19 Annoy
22 To and —
23 Greet the villain
24 Gun the engine
25 401(k) alternative
26 Possess
27 Letterhead abbr.
28 Lubricate
29 Away from SSW
31 Heavy weight
34 Tennessee NFLers
35 "Meet Me — Louis"
36 NAFTA contributor
37 Situated below
39 Of an arm bone
40 Always
41 Put together
42 On the rocks
43 Awfully long time
44 Hawkeyes' home
45 Portent
46 Geeky sort
48 Egos' counterparts

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | 4 | 7 | | 2 | | 6 |
| 1 | | 9 | 3 | | | | | 5 |
| | 4 | | | | | | | |
| 9 | | 1 | | | 8 | | | |
| | | 5 | | | | 3 | | |
| | | | 5 | | | 8 | | 7 |
| | | | | | | | 6 | |
| 4 | | | | | 3 | 5 | | 2 |
| 7 | | 8 | | 2 | 6 | 1 | | |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| S | P | A | R | ■ | D | A | B | ■ |
| P | O | R | E | ■ | A | P | E | ■ |
| E | L | A | N | ■ | F | R | E | E |
| C | O | B | A | L | T | ■ | F | R |
| ■ | ■ | ■ | M | E | N | U | ■ | R |
| V | E | H | E | M | E | N | T | ■ |
| I | T | O | ■ | A | S | I | A | N |
| A | C | M | E | ■ | S | T | R | A |
| ■ | ■ | ■ | E | A | R | ■ | E | D |
| A | L | F | R | E | D | ■ | I | S |
| B | O | R | N | F | R | E | E | ■ |
| E | P | E | E | ■ | E | N | S | ■ |
| L | E | E | R | ■ | W | E | T | ■ |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| O | F | F | S | 7 | 1 | 8 | 3 | 6 |
| A | P | E | ■ | B | R | A | E | 2 | 6 | 9 | 7 | 4 | 5 | 8 | 1 | 3 |
| F | R | E | E | R | E | I | N | 4 | 3 | 5 | 8 | 9 | 1 | 2 | 7 | 6 |
| F | R | I | E | N | D | 3 | 9 | 1 | 4 | 2 | 8 | 6 | 5 | 7 |
| ■ | R | E | B | ■ | ■ | 8 | 2 | 4 | 5 | 7 | 6 | 1 | 3 | 9 |
| N | I | C | E | ■ | ■ | 5 | 7 | 6 | 9 | 1 | 3 | 4 | 2 | 8 |
| ■ | R | U | N | ■ | ■ | 6 | 5 | 7 | 1 | 8 | 4 | 3 | 9 | 2 |
| D | E | D | ■ | ■ | ■ | 9 | 4 | 2 | 6 | 3 | 7 | 5 | 8 | 1 |
| E | D | G | E | ■ | ■ | 1 | 8 | 3 | 2 | 5 | 9 | 7 | 6 | 4 |
| I | S | S | U | E | R | | | | | | | | | |
| T | R | A | Y | ■ | ■ | | | | | | | | | |
| E | S | S | E | ■ | ■ | | | | | | | | | |
| D | A | Y | S | ■ | ■ | | | | | | | | | |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

## Metro Recipe of the Day

### Cinnamon-mustard Chicken with Sweet Potatoes and Peppers

**INGREDIENTS:**

2 tbsp (25 ml) wholegrain mustard
2 tsp (10 ml) ground cinnamon
1 cup (250 ml) apple juice
8 skinless, boneless chicken thighs
4 sweet potatoes, peeled and cut into chunky wedges
4 onions, quartered
2 red peppers, quartered lengthwise
2 yellow peppers, quartered lengthwise
2 tbsp (25 ml) olive oil

**METHOD:**

1. Preheat oven to 460°F (240°C). Mix mustard, cinnamon and apple juice in large ovenproof dish or roasting pan. Add chicken, turning pieces over to coat in apple dressing. Set aside.
2. Put sweet potato wedges in large pot. Pour in boiling water to cover and boil 5 minutes.
3. Drain sweet potatoes, then add to chicken with onions and peppers. Turn all vegetables in dressing to coat evenly, then turn chicken thighs once more and leave them skinned side up.
4. Season ingredients to taste and drizzle over oil. Roast 20 minutes or until chicken and vegetables are cooked and well browned. Test chicken by piercing thickest part with point of knife; juices should run clear, not pink. Serve.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
Try to be a bit more secretive, especially if you are working on something that requires the surprise to be successful.

**TAURUS** ♉
**APRIL 21-MAY 21**
Stop worrying that you are not doing enough in the world. You're doing plenty. Today's Mercury-Saturn link indicates that success will be yours.

**GEMINI** ♊
**MAY 22-JUNE 21**
You seem to have the knack of making a little go a long way, and that applies to your emotions as well as to your money.

**CANCER** ♋
**JUNE 22-JULY 22**
Today's cosmic picture will help you wield the axe and cut back on the things in your life that are no longer important.

**LEO** ♌
**JULY 23-AUG 23**
What you are being asked to do may seem boring but if you do it well the rewards will be worth the effort.

**VIRGO** ♍
**AUG 24-SEPT 22**
There is rather a lot going on behind the scenes at the moment, so don't make any plans because they are sure to change over the next few days.

**LIBRA** ♎
**SEPT 23-OCT 23**
There is no point trying to force a confrontation with someone you don't get along with today.

**SCORPIO** ♏
**OCT 24-NOV 22**
You may think the worst is going to happen but you should know by now that is precisely the sort of attitude that encourages bad things to occur.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
A Mercury-Saturn link means your efforts will pay off in some way over the next 24 hours. That applies to all areas of your life, especially to friendships.

**CAPRICORN** ♑
**DEC 22-JAN 20**
You may not much enjoy what happens today but if you accept it as part of life's rich tapestry it won't seem so bad.

**AQUARIUS** ♒
**JAN 21-FEB 18**
Most of the time you are pretty easygoing but today you will want everything to be perfect, and if it isn't then those you deem responsible will pay.

**PISCES** ♓
**FEB 19-MARCH 20**
Aim to keep things simple today, because the more complicated you allow your life to get the more likely it is you will make a mistake.

## This day in history

1493: Christopher Columbus lands on Puerto Rico.
1558: Elizabethan era begins: Queen Mary I of England dies and is succeeded by her half-sister Elizabeth I of England.
1869: In Egypt, the Suez Canal, linking the Mediterranean Sea with the Red Sea, is inaugurated in an elaborate ceremony.
1876: Pyotr Ilyich Tchaikovsky's patriotic Slavonic March is given its première performance in Moscow, to a warm reception by the Russian people.
2004: Kmart Corp. announces it is buying Sears, Roebuck and Co. for US $11 billion and naming the newly merged company Sears Holdings Corporation.

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